

* SCOTCH WHISKY TOUR * MARY BERRY * LONDON FOOD MARKETS * RUBY TANDOH * PROPER PORK PIES

Great British FOOD

— 50 delicious dishes using the finest local produce —

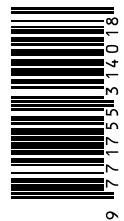
107
SIMPLE IDEAS
FOR SPRING

Our
Ultimate
Victoria
Sponge P.64

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* SPRING VEGETABLE
& BACON RISOTTO P.144

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Welcome...



COVER RECIPE: CHRIS ALACK/WOMAN/WWW.TIMEINCUKCONTENT.COM

With two bank holidays and a seasonal larder fit to burst with amazing produce, May is a magical time of year for food lovers. There's a hint of summer in the air as blowsy blooms of elderflower start to emerge in our hedgerows, and the first big batch of fresh strawberries and cherries hit the shelves. Elderflower in particular is a real star ingredient, and once you've made your own cordial – recipe on p.104 – there are endless opportunities for using it in everything from cakes to cocktails.

Nothing says spring like a lazy afternoon tea and Lisa Faulkner's recipes for all kinds of bite sized treats (p.78) are perfect for relaxed bank holiday eating. And don't miss Ruby Tandoh's brilliant British bakes on p.38 – her twist on chocolate bourbons is pretty genius.

If you're looking for more adventurous pursuits this month, why not take inspiration from our tour of Scotland's best distilleries on p.72 and sample Scotch straight from the source? Otherwise, our ten-page guide to smoking and curing on p.113 is packed with helpful hints, tips and recipes for smoking meat and fish at home – trust us, it's much easier than you'd think!

And don't forget to vote for your British food favourites in our 2015 Farm Produce Awards. Fill in the form on p.110 or vote online at greatbritishfoodmagazine.com/awards to be in with a chance of winning an amazing prize.

Natasha

Editor

natasha@aceville.co.uk



Deputy editor Tom heads up the special effects team for our smoking shoot. See the final shot on p.123

{ Behind the scenes } on GBF



Sampling the breakfast delights of The Orange Tree pub in Richmond. See the full review on p. 138



Editorial assistant James heads to Jersey in search of its famous spuds. See his feature on p.83



MEET THE EXPERTS



QUEEN OF BRITISH BAKING MARY BERRY TELLS US ABOUT WONKY VEG, FAMILY COOKING AND DEVONSHIRE FISH ON P.90



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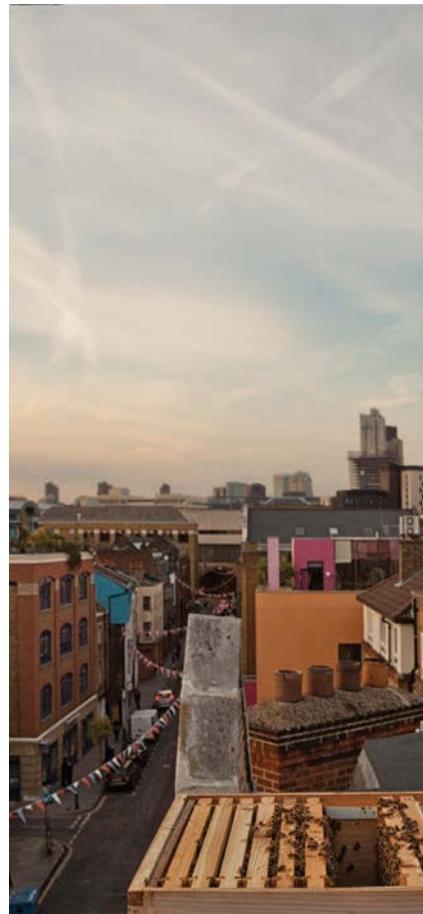
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**SUBSCRIBE
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**AND GET YOUR
FREE CREAM
TEA HAMPER!**



Recipe Rundown

From simple light lunches to tasty seasonal suppers and show-stopping puddings



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26



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ESSE

FIRE STONE

OUTDOOR
COOKING
HAS NEVER
LOOKED &
TASTED SO
GOOD

Fire Stone is a wood-fired outdoor cooker made in Britain by ESSE, Master Stove Makers since 1854.

Great British Chefs such as Nigel Howarth use Fire Stone because of the authentic cooking and taste experience it brings to their restaurants and it's classic design makes the perfect centrepiece for any garden, terrace or patio.

With its wide, clear glass door you can easily keep an eye on what's cooking. Fire Stone is available with a stand that can swivel through 360°, without stand or supplied to build on-site.

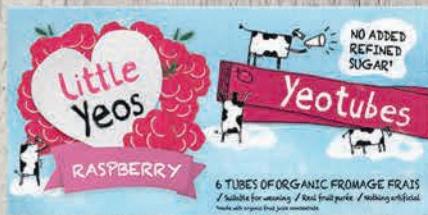
For more information or to find your nearest ESSE retailer, visit esse.com or call: 01282 813235



esse.com

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WWW.YEOVALLEY.CO.UK/RECIPES

This month

NEWS * HOT PRODUCTS * PEOPLE * EATING OUT * WHAT'S ON

Local, Seasonal, Brilliant!

Summer is so close we can almost taste it – especially as hallowed fruit like cherries and strawberries are appearing on shop shelves. We're right in the midst of asparagus, broad bean and Jersey royal season, too, so there's plenty of veg to choose from, while British lamb is ready to grace dinner tables throughout the land.



IN THE
SPOTLIGHT

Not having to rely on frozen strawberries for your desserts anymore calls for a celebration, and this chiffon cake is spectacular enough to commemorate the occasion! It has a pink mousse centre, and fresh, juicy strawberry pieces throughout. For the full recipe visit seasonalberries.co.uk



★

GRIN & BIN IT

This retro-inspired bin is the perfect size for any kitchen, and is available in ten vibrant colours. **Wesco Baseboy Bin, £139.95, wesco-shop.co.uk**

Pick of the MONTH

Our favourite food, drink and accessories to celebrate the season with

FEATHERED FRIENDS

Turn your garden into a wildlife paradise with this beautiful birdhouse. **Wild & Wolf Orla Kiely Birdhouse, £24.95, wildandwolf.com**

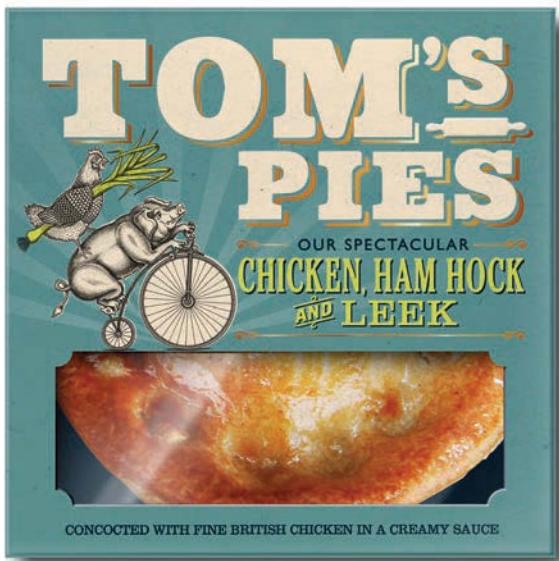
★



PASTRY HEAVEN

These multi-award winning pies are now available nationally – they're some of the best around! **Tom's Pies Chicken, Ham Hock & Leek, £3.49, Ocado**

★



CONCOCTED WITH FINE BRITISH CHICKEN IN A CREAMY SAUCE



★

WHAT A SPREAD

We got through the best part of an entire jar of this in the office over a day – a very good sign! **Tiptree Salted Caramel Spread, £3.49, tiptree.com**



★

SPRING FLING

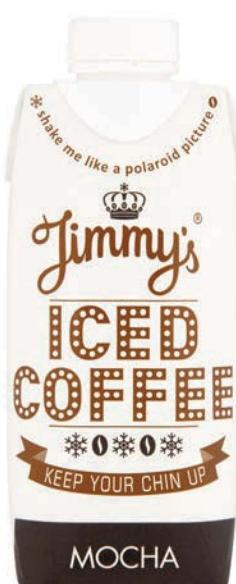
A sweet, refreshing drink that encapsulates British summertime. **Thorncroft Elderflower Cordial, £2.79, Ocado**

★

CAFFEINE HIT

This chocolatey, ice cold carton is the perfect pick-me-up in warmer weather. **Jimmy's Iced Mocha, £1.59, jimmysicedcoffee.com**

★



★

BERRY GOOD

Hull, halve and prep mountains of strawberries in no time at all with this fun gadget. **Kuhn Rikon Strawberry Knife, £10.95, Amazon**

Happy eating

WHAT WE'RE UP TO THIS MONTH >

Natasha, editor



In preparation for picnic season, I've been trying to perfect my homemade Scotch egg recipe (with delicious results). If you're looking for a little inspiration of your own, check out the recipe on p.54!



Tom, deputy editor

I think I've managed to eat the lion's share of the UK's asparagus crop over the past few weeks. I've been having a few spears on the side of every single meal, and have even been saving the woody ends for stocks, soups and stews.



James, editorial assistant

I've been making more trips into the capital than usual thanks to a new favourite haunt – Beavertown Brewery's Tap House. I'm always on the lookout for new craft beers, and these guys make some of the best.



GREEN LIVING

It's hard to improve on the natural flavour of asparagus, but their shape makes them perfect for dipping. This sauce is a blend of lemon juice, oil, an avocado and water, and goes perfectly with a bunch of Britain's finest vegetable. For the full recipe visit vitamix.com

GBF's Shopping Basket



These best-selling tins come in 13 lovely colours and are completely airtight, so they're perfect for storing pasta, flours and other dry goods. **Wesco Window Canisters, £19.95, wesco-shop.co.uk**



Perfect for drizzling, baking and stirring through pretty much anything sweet. We're big fans of it in a salad dressing, too!

Clarks Golden Brown Syrup, £1.50, Sainsbury's, clarkslt.co.uk



Make six individual small pies, or move the dividers to create any size pie of your choice. An amazing bit of kit! **Silverwood Simple Simon Pie Mould, £31.50, saltandpepper.co.uk**

CHEESE OF THE MONTH... CORRA LINN

WITH ANDY SWINSOE, CHEESEMONGER OF THE YEAR

Reminiscent of the finest Manchego, with a touch of Scotland. Using their own sheep's unpasteurised milk, the Errington family have created a hard sheep's milk cheese, aged for nine months, that has a sweet hazelnut flavour with earthy, heathery undertones – capturing the nature of the rugged Scottish landscape of their farm in Biggar (near Edinburgh).

For more information on Andy's shop in Yorkshire visit thecourtyarddairy.co.uk



Q&A

David Moore



THE HIGH-FLYING LONDON RESTAURATEUR BEHIND THE MICHELIN-STARRED PIED A TERRE TALKS EL BULLI, PRETZELS AND WAITERING

What makes a restaurant a 'must-visit'?

It's a balancing act, a mathematical equation – (value over content) X (innovation over technique) = 'must-visit'.

You have £5 to spend on dinner – what do you cook?

I'd start with a bruschetta of sautéed lamb kidneys, followed by a main course of linguine



“ I want to create recipes that make the family say, ‘Oh mum, that was nice – please cook it again!’ ”

SAYS MARY BERRY. READ THE FULL INTERVIEW ON P.90

vongole, with homemade fresh pasta and a handful of fresh clams. Then, to finish, I'd whip up a lemon posset.

How much involvement did you have with the opening of your restaurants?

The location and property deal have, in the past, been the catalyst for a new restaurant. From there I will work on the budget, design and recruitment. The hiring of the chef to deliver the menu brief is crucial, and they are given a lot of freedom as I believe the creativity of a chef is what will make a concept succeed.

What's the best meal you've ever had?

In the summer of 1994, my wife and I were staying in the summer house of artist Richard Hamilton in Cadeques. We booked a table at a little known (at the time) Spanish restaurant called El Bulli. We ate there three nights in a row and it changed our lives!

What's your favourite cookbook at the moment?
Sesame & Spice by Anna

Shooter. It's all about baking. I'm trying to perfect pretzels in the kitchen and I love her recipe.

What's your fondest memory from when you were a waiter at Le Manoir [Raymond Blanc's two-starred restaurant]?

For me it was the carving at the table – real showmanship, skill and confidence were required to do it well. When I was assistant manager I used to do all the training for carving the salt baked pigeon, or *poulet en vessie*, and the saddle of suckling pig. It was real theatre, and there was absolutely no room for mistakes.

What advice would you give to someone who's thinking of opening their own restaurant?

Don't! The only thing more difficult than opening a restaurant is keeping it open. The trouble is, when it's done well it looks easy, so people think it's simple. Lewis Hamilton makes a chicane turn look easy, but I'm not going to go out and try it, so why try to open a restaurant unless you really know what you're doing?

Great British Classics: Staffordshire Oatcake

WHAT IS IT?

A savoury pancake made with oats, usually filled with fried bacon and cheese, then popped under the grill and rolled up.

WHERE'S IT FROM?

It's enjoyed throughout Staffordshire and the surrounding counties, but its ancestral home is the city of Stoke-on-Trent. Oatcake sellers used to have a big window looking out onto the street from their kitchen, through which they would pass freshly cooked oatcakes to queueing customers.

WHY'S IT FAMOUS?

They were originally only ever eaten in the city, but word has spread slowly over the years and oatcakes are now enjoying national attention thanks to TV chefs like Tom Kerridge championing them in his restaurants. They're now found in some national supermarket chains, and can be ordered online to anywhere in the world.



CAKE, BAKE & FOOD



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WHERE TO GO FOR...

REAL ALE

PERFECT PLACES TO SPEND A SUNDAY AFTERNOON

The Salutation Inn

in Gloucestershire was named CAMRA's Pub of the Year, and rightly so – despite only being open two years, it has everything a good pub should, including great beer.

thesallyatham.com

The Freshfield

in Formby has 14 ales on offer at any one time – four from brewery (and owner) Greene King, and ten guest pumps. They're all kept in perfect condition and people travel from miles around to see what's on tap.

freshfieldliverpool.co.uk

The Rose & Crown

in Snettisham, Norfolk is a classic village pub full of beams, log fires and a lovely terrace in the summer. It's also got rooms upstairs, if you don't want to drive home after a few too many!

roseandcrownsnettisham.co.uk



What's on

NATIONAL VEGETARIAN WEEK

18 – 24 May

Don't get us wrong, we love our meat at GBF, but we're aware how important it is to cut down and have a few veggie days a week. That's why this is the perfect chance to discover vegetarian food and think of it as fantastic cuisine in its own right. Head to the website for loads of ideas, tips and recipes to try.

nationalvegetarianweek.org



CAKE, BAKE & FOOD FESTIVAL

22 – 25 May

Walpole Park, Hampshire

Cake is one of those foods that brings everyone together – who can say no to a slice? – and for those of us who are baking-obsessed, there's the Cake, Bake & Food Festival. Demonstrations of every skill imaginable are on show, there's an entire section dedicated to free-from baking, and even a place where you can learn how to grow your own fruit

for your next showstopper. It's got every aspect covered.

cakebakefood.com

FANTASTIC BRITISH FOOD FESTIVAL

23 – 25 May

Blenheim Palace, Oxfordshire

One of the first in a series of festivals at different stately homes, this event not only aims to get visitors more interested in

their local food and drink, but also to match up restaurants and food shops with producers from the area. Stop by and watch a cookery demonstration, pick up a special bottle of something from the Black Dog Wine Agency, or get the kids interested in cooking by signing them up for the children's cookery workshops.

fantasticbritishfoodfestivals.com

ENGLISH WINE WEEK

23 – 31 May

This national campaign designed to raise awareness of independent English vineyards across the country has been going for a good few years now, and keeps getting bigger and bigger. Winemakers will be opening their doors and letting the public have a behind-the-scenes peek at how English wine comes to fruition with, of course, plenty of tastings!

englishwineproducers.co.uk



FOOD CONNECTIONS

1 – 9 MAY

BRISTOL

BRISTOLFOOD

[CONNECTIONS.COM](http://connections.com)

TIDESWELL FOOD FESTIVAL

2 MAY

BUXTON, DERBYSHIRE

[TASTETIDESWELL.CO.UK](http://tastetideswell.co.uk)

DORKING BEER FESTIVAL

15 – 16 MAY

DORKING, SURREY

[SURREYCRAFTBEER.CO.UK](http://surreycraftbeer.co.uk)

DERBYSHIRE FOOD &

DRINK FAIR

16 – 17 MAY

KEDLESTON HALL, DERBYSHIRE

DERBYSHIREFOOD

[ANDDRINKFAIR.CO.UK](http://anddrinkfair.co.uk)



New Bottle on the Block



A Scottish 12 year single malt which tastes as good as it looks in the bottle. It's initially matured in ex-bourbon casks, then transferred to sherry casks for a sweet, dark chocolate and orange finish. It's complex, balanced and spicy, so definitely not a dram for guzzling down. Instead, it's best slowly savoured and sipped. £34.50 from 31dover.com

FOODIE BAROMETER

WHAT'S HOT

DEEPEST, DARKEST PERU

Marmalade sales rose 25% this year, with producers crediting the release of the *Paddington* film

IN FIRST PLACE

This year's first strawberries came from the Rhymney Valley, near Cardiff in Wales

PROPER CUPPA

Scotland is now home to the best tea in the world after the Dalreoch Estate won the Salon du Thé Gold Award

WHAT'S NOT

WHAT'S IN A NAME

Because 60% of people don't know what cavolo nero is (some believe it's a cheese!) farmers are calling it black kale

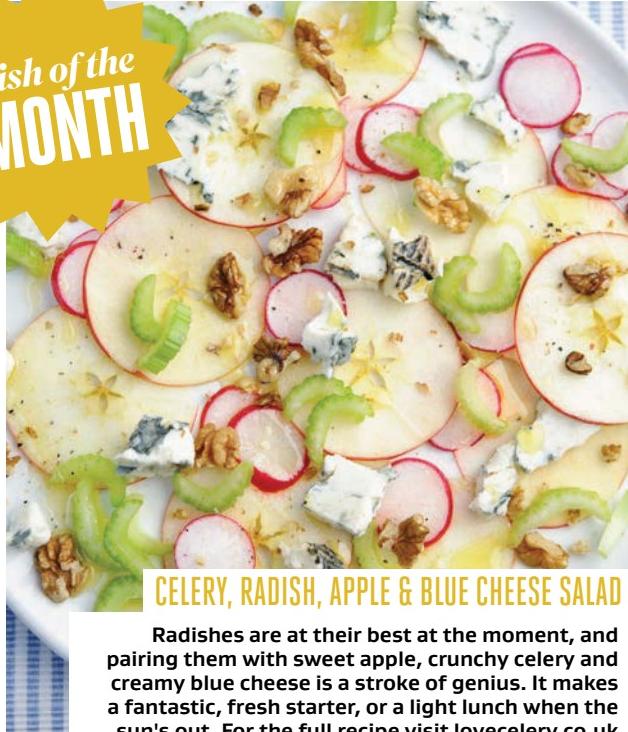
HARD PRESSED

80% of the UK's cider producers are to be hit by new duty taxes

TECHNO TROUBLE

A new report suggests many artisan professions – including butchery – will be carried out by robots within a decade!

Dish of the MONTH



CELERY, RADISH, APPLE & BLUE CHEESE SALAD

Radishes are at their best at the moment, and pairing them with sweet apple, crunchy celery and creamy blue cheese is a stroke of genius. It makes a fantastic, fresh starter, or a light lunch when the sun's out. For the full recipe visit lovecelery.co.uk

3 Delicious Mayonnaises



1. The saffron gives this condiment a lovely colour, and the garlic lends a nice kick.
Le Mesurier Saffron & Garlic Mayonnaise, £3.20, lemesuriers.com



2. Very versatile, spicy and delicious – use as a decadent dip for carrots, or a spread for a ham sandwich. It also works very well with tuna.
Stokes Chilli Mayonnaise, £2.89, Ocado



3. Made with the very best ingredients, the addition of a lick of Dijon mustard adds a new dimension to the already rich and creamy flavours.
Tracklements Mayonnaise, £3.09, Ocado

SOMETHING SWEET

Whether you want to buy a bespoke cake for a special occasion, or are looking for tips on how to improve your own decorating skills, Cake by Chloe has everything you need. Chloe's own video tutorials take you through techniques that look complex (but are easy once you know how), and she's happy to put together everything from small celebration cakes to giant tiered masterpieces for weddings. You can even visit her baking school for some expert tuition.
cakebychloe.co.uk



MAKE ONE CHANGE

Farm produce website Big Barn has just launched the 'Make One Change' campaign, which will run throughout May this year. It encourages people to change the way they shop, eat or think about food. Whether it be buying from a local store, growing their own, signing up to a veg box or cooking from scratch, the hope is these small changes will make a big difference to small producers, farmers and independent retailers.
bigbarn.co.uk

Over to You

What you're up to in the kitchen this month



Star Letter

I often try to eat as seasonally as possible, and the thing I love most about springtime is how simple cooking can be, for it to taste amazing! I really enjoy cooking fresh asparagus with a slight glazing of butter as a side to most of my evening meals. I think carrots are at their best at this time of the year too, and let's not forget those gorgeous Jersey Royals!

Lauren Varley, Hampshire

Fresh and simple, we're not ones to tamper with that winning combination, Lauren! Check out our Jersey Royals feature on p.83



#LoveYourDeli

Over the last couple of months we've been asking you to name your favourite delis and farm shops and why you love them. This month we received lots of enthusiastic Twitter interactions calling for fishmonger and deli shop Latimer's in Sunderland to be featured. latimers.com

@scrummie_mummie

Latimer's seafood deli café wins, no contest! Freshest, tastiest seafood ever! #Fishmongeroftheyear!

@ringtons

Well done to the team @latimersseafood for being named as Fishmonger of the Year 2015!



Your Kitchen Creations

WE LOVE TO SEE WHAT OUR READERS COOK AT HOME. HERE ARE SOME OF OUR FAVOURITES

@lassintheapron Raisin girdle scones with loads of English butter and raspberry jam!

@CJMcG1979 Hake with chorizo and butter beans last night

@EmmaOwens5 Cobbler from Issue 60 [March] – delish!



WIN!

WRITE US A STAR LETTER AND WIN THIS JOSEPH JOSEPH KNIFEBLOCK!

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This month on Twitter and Facebook, we've been encouraging readers and producers to take part in our Farm Produce Awards 2015 – make sure to cast your vote over at greatbritishfood.com/awards. We want to know what your favourite British restaurant is, and which British television personalities you love. Keep your messages coming by following [@buybritishfood](http://buybritishfood) or write to james.fell@aceville.co.uk



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At times we need a little snack to see us through the day. But before you grab that bag of crisps for a brief moment of guilty pleasure, remember you could snack your way through four jars of our cocktail gherkins for the same calorific intake. Definitely worth weighing up?

*Calculation based on average bag of ready salted crisps at 132kCal per 25g and a jar of Opies Cocktail Gherkins at 31kCal. To be enjoyed as part of a balanced diet.

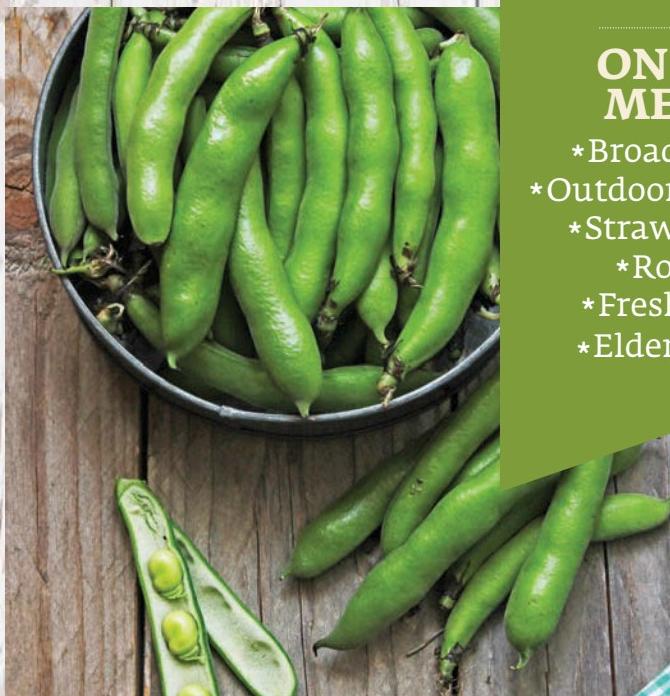
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For serving suggestions, recipes and inspiration, please visit our website.

In Season

Spring's bounty is truly upon us this month with an abundance of fresh herbs and leaves, tender veggies and the first crop of British strawberries and elderflower to get stuck into



- ON THE MENU:**
- *Broad Beans*
 - *Outdoor Rhubarb*
 - *Strawberries*
 - *Rocket*
 - *Fresh Mint*
 - *Elderflower*





Broad Beans

Season: May to August

Buy: These sweet, fresh-tasting beans are one of the highlights of spring. Look for crisp, firm pods and avoid any that feel soft or have air pockets.

Cook: Young broad beans can be eaten pod and all, but older specimens should be removed from the pod before cooking. You might also want to 'double pod' them to get to the sweeter bean inside; to do this, snip one end of the thick, leathery skin with your fingernail and squeeze. The rich, creamy texture works brilliantly with fresh herbs, lemon juice, garlic and soft cheeses.



Outdoor Rhubarb

Season: April to July

Buy: With its huge leaves and thick stems, outdoor rhubarb looks rather different to the tender, pink forced variety. But whichever type you buy, look for firm, snappable stems and fresh-looking leaves.

Cook: Outdoor rhubarb can be paired with much the same ingredients as forced, though the flavour can be slightly more acidic, so more sugar might be needed. For sweet dishes try mixing with berries, citrus fruits and vanilla; for savoury, mackerel, sardines, duck and strong cheeses all work well.

Strawberries

Season: Late May to September

Buy: There are lots of British strawberry varieties available with surprisingly wide flavour profiles, ranging from super sweet to slightly tart. Farm shops, markets and PYO farms are the best places to buy unusual varieties. Look for plump, evenly coloured fruit with the green stalk still attached.

Cook: The possibilities for using strawberries in desserts are practically endless, from cakes and tarts to pavlovas and jellies. We particularly love them paired with other seasonal favourites, such as rhubarb and elderflower.

Rocket

Season: All year round, but best from May to October

Buy: These strong-tasting, peppery leaves have a fairly robust texture and should last longer in the fridge than

most salad leaves, but are still best eaten fresh. Choose pert-looking, bright leaves and avoid any that are wilting.

Cook: Rocket leaves hold up fairly well when added to hot food, whether used as a base for cooked meat, sprinkled on pizza or stirred through pasta. They're also delicious in any kind of herby salad, or used in place of basil in pesto.

Mint

Season: March to October

Buy: As with all herbs, buying fresh is vital. Mint doesn't have a very long shelf life after being cut, so clever fridge storage is vital; treat bunches like cut flowers and sit them in a jug with water at the bottom. Alternatively try buying whole plants in pots or growing on a windowsill.

Cook: Mint's cool, clean flavour can add freshness to sweet and savoury dishes alike and works particularly well with yoghurt and cucumber in dips, with strawberries or chocolate in desserts and most lamb dishes.

Elderflower

Season: Late May to June

Buy: The white flowers of the elderberry tree are free to pick and can be found all across Britain's hedgerows. They should be bright white and undamaged with no brown patches.

Cook: The easiest way to use fresh elderflower is by making a cordial – that way the aromatic flavour is stored for later use in other dishes, from cocktails and preserves to salad dressings and cakes. Jump to p.104 for our tasty elderflower recipes.

SPICED BARBECUE LEG OF LAMB WITH TAMARIND & YOGHURT

Serves: 6

Prepare: 10 minutes, plus

marinating time

Cook: 35 minutes

1.5 kg well-trimmed, boned and butterflied leg of lamb

Salt and lots of black pepper to taste

For the marinade:

1 small onion, peeled and quartered

30g mint, plus extra for serving

3½ tbsps vinegar

1 tbs garam masala

2 tsp cumin powder

25g garlic

35g fresh ginger, peeled weight

½ tsp red chilli powder

120g plain yoghurt

1 tbsp vegetable oil

To serve:

500g tub Greek yoghurt

120g tamarind sauce

Fresh mint, chopped, to taste

1. Blend together all the marinade ingredients until smooth. Season well with both salt and pepper. Taste, it should taste salty (and a little strong at this stage).

2. Pierce the lamb vigorously all around with a fork. Place in a snug container or a large freezer bag and pour over all the marinade. Massage in really well. Cover the container or close the bag and place the lamb in the fridge to marinate, ideally overnight, but as long as you can.

3. Remove the lamb from the fridge about 45 minutes before starting to cook. Oil a grill rack and heat up your barbecue to a medium-high heat. Place the lamb on top, skin side down, and cook for about 10 minutes on one side, then turn over and cook for another 10 minutes or so. Move the lamb to a part of the barbecue not directly over the hot coals or turn the barbecue down, then cover and cook for another 10–15 minutes.

4. Alternatively, to cook the lamb in the oven, place it on a large shallow baking tray and roast for 15 mins at 220°C/Fan 200°C /Gas 7, then turn down the heat to 180°C/Fan 160°C /Gas 4 cook for a further 15 mins, or until done to your liking. Take off

the heat and cover loosely with foil for about 15 minutes. Serve sliced across the grain.

5. Meanwhile, season the yoghurt, stir in half the tamarind sauce and extra shredded mint, so it is muddled. Serve with the extra chutney on the side.

Recipe adapted from
thespicetailor.com

GRILLED CHICKPEA KEBAB WRAPS

Serves: 6

Prepare: 20 minutes

Cook: 10 minutes

400g can of chickpeas, drained and rinsed

1½ tbsps vegetable oil

Half a red onion, finely chopped



SPICED BARBECUE LEG OF LAMB WITH TAMARIND & YOGHURT



SPICED BARBECUE LEG OF LAMB WITH TAMARIND & YOGHURT

Salt and pepper, to taste
2 tsp ginger, finely chopped
2 garlic cloves, peeled and finely chopped
1-2 tsp green chillies, finely chopped
1 tsp cumin powder
1 tsp garam masala
2 small fistfuls of chopped fresh coriander
1 tsp dried mango powder (or serve with lemon wedges)
2oz grated Cheddar
1 red pepper, peeled and finely chopped
3 tbsps breadcrumbs
1 tbsp butter, soft or melted

To serve:

Small fistful of mint leaves, chopped
Small fistful of coriander leaves, chopped
250g thick Greek yoghurt
Half a red onion, finely sliced
½ lemon
6 tortillas or thin flatbreads
8-10 iceberg lettuce leaves

1. Mash or blend the chickpeas until they are a coarse purée. Heat the vegetable oil in a small non-stick frying pan and add the chopped onion and some salt; cook until soft and golden. Add the ginger, garlic and chilli and stir fry over a gentle flame for 1 minute or until the garlic is just cooked. Add the cumin and garam masala with a splash of

water and cook out until there is no moisture left in the pan and you can see the mixture frying in the oil.

2. Add this to the mashed chickpeas, along with the fresh coriander, dried mango powder, cheese, red pepper and breadcrumbs. Mix well together, taste and adjust the seasoning to taste. Leave to cool.

3. Meanwhile, prepare your accompaniments. Stir the handfuls of chopped mint and coriander into the yoghurt along with salt and pepper to taste. Marinate the sliced onions in a good squeeze of the lemon juice.

4. Roughly portion the kebab mix into 6 and with slightly oiled hands, form the kebabs around 6 skewers – you can make these round or slightly flattened. Preheat your grill to hot and place the skewers on a

baking tray lined with oiled foil. Cook for 10 minutes, carefully turning halfway, or until browned on both sides.

5. Place the tortillas or flatbreads in foil in the oven to heat through for the last 3-4 minutes before the kebabs come out. Brush the cooked kebabs with the butter (they will be dry and quickly absorb the fat). Quickly ease the kebabs off the sticks and place straight on the breads, top with the onions, lettuce and yoghurt, wrap and serve.

Recipe adapted from thespicetailor.com

ELDERFLOWER, RHUBARB & JELLY CREAMS

Serves: 8

Prepare: 30 minutes, plus soaking and cooling time



ELDERFLOWER,
RHUBARB & JELLY
CREAMS

Cook: 10 minutes

For the elderflower & rhubarb jelly:

200ml elderflower cordial
1.5kg trimmed rhubarb, cut into 2cm pieces
250g caster sugar
5 ½ small sheets of leaf gelatine
For the elderflower cream:
300ml double cream
300ml whole milk
45g caster sugar
6 tbsps elderflower cordial
3 small sheets of leaf gelatine

1. Put the elderflower cordial, rhubarb, sugar and 150ml water into a large pan, then cover and cook gently over a medium-low heat for about 5 mins until the fruit is soft but not falling apart. Tip the mixture into a muslin-lined sieve, set over a bowl and leave to drain. You should end up with about 800ml of juice. Set 600g of the cooked rhubarb aside in a mixing bowl.

2. For the jelly, soak the gelatine in a bowl of cold water for 5 minutes. Warm 150ml of the rhubarb juice in a small pan and take it off the heat. Lift the gelatine out of the water, squeeze out the excess water, add it to the warmed juice and leave it to dissolve. Stir this mix back into the rest of the rhubarb juice, then stir 6 tablespoons gently into the cooked rhubarb, reserving the rest. Spoon the rhubarb equally into 8 glass tumblers, cover and chill for 1 hour.

3. For the elderflower cream, put the cream, milk and sugar into a pan and warm very gently over a gentle heat to dissolve the sugar. Put the elderflower cordial in a small pan and warm this gently too.

4. Meanwhile, soak the leaf gelatine in cold water for 5 minutes, remove, squeeze out the excess water and add it to the warmed cordial. Remove from the heat and leave to dissolve, then stir into the cream and milk.

5. Remove the tumblers from the fridge and pour over a layer of the cream. Chill for 2 hours or until set. If the remaining rhubarb jelly has started to set, stand the pan in a little warm water until it dissolves again but don't let it get at all hot. Pour it over the top of



the creams and return to the fridge one last time for at least 4 hours or until set.

Recipe courtesy of yeovalley.co.uk

BROAD BEAN PÂTÉ ON TOAST WITH TORN MOZZARELLA & BASIL

Serves: 16
Prepare: 15 minutes
Cook: 5 minutes

450g broad beans, freshly shelled
10g basil leaves, torn into pieces
50g finely grated pecorino, or similar British cheese
2 tbsps extra-virgin olive or rapeseed oil
1 tsp lemon juice
Salt and freshly ground black pepper

To serve:
1 x 250g buffalo mozzarella

*
STRAWBERRY BASIL
ECLAIRS



(drained weight)
16 small pieces of bread
1 large garlic clove, peeled and halved
25g rocket leaves
Lemon-infused extra-virgin olive oil
Sea salt flakes

1. Drop the broad beans into a pan of well-salted boiling water and cook for 2-3 minutes until just tender. Drain, run under cold water to cool, then nick the skin of each bean with your fingernail and pop the bright green beans out of their skins.
2. Put the skinned beans and torn basil leaves into the bowl of a food processor and briefly blitz into a coarse paste. Stir in the grated cheese, oil and lemon juice and season to taste.
3. Tear the mozzarella into small chunks and drain on kitchen paper. Toast the bread slices on both sides and, while they are still warm, rub one cut face lightly with the peeled garlic clove. Spread generously with some of the broad bean pâté and top with the mozzarella pieces.
4. Arrange them on a large serving plate and scatter over the rocket leaves. Drizzle with some of the lemon olive oil, scatter with a

few sea salt flakes and serve straight away.

Recipe courtesy of yeovalley.co.uk

STRAWBERRY BASIL ECLAIRS

Serves: 16

Prepare: 30 minutes

Cook: 20 minutes

50g butter, plus a little extra for greasing
150ml water
65g plain flour, sifted
2 medium free-range eggs
½ tsp vanilla extract

To finish:

400g strawberries, hulled and chopped
2 tbsps icing sugar, plus extra sifted icing sugar to decorate
3 tbsps fresh chopped basil leaves
300ml double cream

1. Preheat the oven to 200°C /Fan 180°C/Gas 6. Lightly butter 2 baking sheets and set aside.
2. Add the measured butter to a saucepan with the water, heat gently until the butter has melted then bring to the boil. Take off the heat add the flour and stir together then put the pan back on the heat and cook for 2-3 minutes, stirring

continuously until the mixture forms a smooth glossy ball that leaves the sides of the pan clean. Cool for 15 minutes.

3. Gradually beat in the eggs and vanilla, beating well after each addition until all the eggs have been added and you have a smooth thick paste. If you have a food processor or electric mixer you might like to use this to save time.

4. Spoon the choux pastry into a piping bag fitted with a 1cm wide plain piping tube. Pipe 7.5cm long éclairs, leaving space between them to rise in the oven. Bake for 20 minutes until well risen and golden, pierce each éclair with a small knife so that the steam can escape then transfer to a wire rack to cool.

5. Meanwhile mix the strawberries, 2 tablespoons of icing sugar and basil together, cover the dish and leave at room temperature. About 1 hour before you are ready to serve the éclairs, slit open the sides with a serrated knife. Whisk the cream until it forms soft peaks then fold in any strawberry juices. Spoon into the éclairs and top with the strawberries and basil. Dust with sifted icing sugar and transfer to a plate and serve.

Recipe courtesy of seasonalberries.co.uk

Taste more turkey!

Versatile, tasty and nutritious, British turkey makes a great choice for eating all year round. For convenience cook up succulent breast fillets in advance and keep handy in the fridge, ready to add to pittas, pasties, pasta sauces whenever you need a quick bite - the choice is endless.



This time of year is perfect for making the most of fresh seasonal produce and what could be nicer than a healthy salad of asparagus, rocket, spring onions and slices of juicy turkey breast, drizzled with a fresh pesto dressing? Light and delicious! Or make some zesty Greek-style turkey kebabs with lemon juice, garlic and dried oregano - perfect a May bank holiday barbecue!

TV chef Phil Vickery, who is a British Turkey ambassador, shares his top turkey tips: "I often add delicious cooked turkey strips to couscous and rice salad, which makes a little go a long way. And my kids love turkey wraps on picnics - simply roll up turkey strips in a flour tortilla with humous and cucumber."

Food blogger 'Gourmet Mum' is also a big fan of cooking with turkey for her family all year round.

"We eat turkey often at home - my children never get tired of it as there are so many

tastes you can add, such as spicy, sweet, tangy - or even citrus fruits go really well. I quite often marinade turkey breast steaks the night before, for maximum flavour, then simply pan fry and add to salads, noodles and savoury filo turnovers for a quick, healthy and delicious meal. I find it's great value for money too."

Find British turkey cuts in supermarkets, but remember to look out for the familiar farm assured Red Tractor logo alongside the Quality British Turkey mark, your guarantee you are buying turkey farmed in the UK to high standards of food safety, traceability and animal welfare.

For Spring turkey recipe inspiration and cooking advice visit www.britishturkey.co.uk Or try this mouth-watering recipe created especially for British Turkey by Phil Vickery.



JUICY TURKEY & MANGO COUS COUS

Serves: 4

Per serving: 207kcal, 4.4g fat, 0.6g saturates

Preparation time: 15 minutes.
Cooking time: 25 minutes.

225g British turkey breast, cut into very thin strips
200 ml turkey or chicken stock
½ tsp ground cumin
1 tbsp Dijon mustard
2 tbsp white wine vinegar
125g couscous
1 tbsp olive oil
1 mango
4 small spring onions, finely sliced
juice and zest of 2 limes
2 tbsp runny honey
4 tbsp fresh parsley, chopped.

1. Place the turkey into a saucepan, then add the stock, cumin, mustard and vinegar. Place on the stove and bring to the boil.
2. Place the couscous into a medium bowl.
3. Straight away, once the turkey has come to the boil, pour straight over the couscous, mix well and cover, leave for 10 minutes.
4. Stir occasionally, then add olive oil and black pepper to taste. Mix well.
5. Peel the mango, remove the stone, and cut into very thin strips.
6. Once the couscous has cooled slightly, add the mango and spring onions, stir.
7. Finally add the lime juice and zest, honey and parsley, serve warm or cold.

© Phil Vickery



Go Wild for BRITISH FISH

With miles and miles of coast jumping with all kinds of exciting fish, it's no wonder chefs go crazy for British seafood. Former MasterChef winner and foraging champion Mat Folas shares six of his favourite dishes that champion lesser used species

LEMON SOLE WITH SHRIMP & CAPER SAUCE ON BAKED LEEKS

Serves: 2

Prepare: 10 minutes

Cook: 1½ hours

2 leeks, sliced into 1-cm rounds
100g butter, diced, plus extra for frying
small bunch of fresh marjoram
1 tsp Dijon mustard
Salt and freshly ground black pepper
2 whole lemon sole (each about 600g), filleted
200g brown shrimps
100g capers

1. Preheat the oven to 140°C/Fan 120°C/Gas 1. Spread the sliced leeks on a baking sheet and cover with the diced butter, marjoram sprigs and mustard, and season with a pinch of salt. Cover with foil and bake in the preheated oven for 1½ hours.

2. Heat a little butter in a large frying pan set over a medium heat, until just foaming. Lightly sprinkle salt on the lemon sole fillets, then carefully place them skin-side down in the pan (place them in the pan away from you so that the oil doesn't splash and burn you).

3. Apply a little pressure initially using the flat blade of a fish slice to stop them curling up. Once all the fillets are in the pan, turn the heat down and continue cooking until the meat has become two-thirds opaque. Add the shrimps and capers and cover. Continue to cook for another minute until the fillets are cooked through – they should be crisp on the skin-side and just cooked through on top.

4. To serve, place a generous



portion of the baked leeks on a plate, place the fillets on top and dress with the shrimps and caper and some of the sauce from the pan.

PAN-FRIED SPRATS WITH AIOLI

Serves: 4

Prepare: 10 Minutes

Cook: 15 Minutes

100g plain flour
Salt and freshly ground black pepper
400g whole sprats (no more than 10cm long)
Small bunch of fresh salad leaves, to serve

For the aioli:

150g butter
100g mayonnaise
2 garlic cloves, peeled and sliced into 3 slices

1. Put the flour in a wide shallow dish and season generously with salt and pepper. Lay the sprats on the flour, turning once so to coat evenly.

2. To make the aioli, put the butter in a large frying pan set over a medium heat. When the butter is foaming, carefully place the garlic in the pan. Cook for 2 minutes until just beginning to brown. Remove the garlic from the pan and crush the garlic into a small bowl. Add the mayonnaise and mix well.

3. Return the pan you cooked the garlic in to a medium heat and place the flour-coated sprats in the pan. Cook for 2 minutes on either side. Remove the sprats from the pan using a slotted spoon and drain on paper towels.

4. Serve on a plate dressed with salad leaves and a generous dollop of aioli.

WHELKS WITH GARLIC BUTTER

Serves: 4

Prepare: 5 Minutes

Cook: 10 Minutes

200g butter
4 garlic cloves, peeled and crushed
Salt and freshly ground black pepper
1kg whelks, cleaned
200 ml white wine
1 red onion, peeled and finely diced
4 mild red chillies, thinly sliced
Small bunch of fresh flat-leaf parsley, finely chopped

1. Put the butter in a small saucepan set over a gentle heat and melt until it just starts to foam. Add the garlic and immediately take





★ LEMON SOLE WITH
SHRIMP & CAPER SAUCE
ON BAKED LEeks



★ HOW TO... **Fillet small & round fish**

1. Hold the fish using a kitchen cloth (if preferred) and cut around the back of the head to the backbone. For larger fish, do this in a V shape.
2. Cut the fillet away from the bones by scoring down the back of the body.
3. With the blade underneath the fillet cut the fillet away in a clean sweep.
4. Check for pin bones and remove with tweezers. Repeat for the other fillet. For small fish it is often easier to cut the pin bones away by carefully cutting a thin V shape down the centre of the fillet, removing them all at once



Squeeze of lemon juice
Splash of Tabasco sauce

1. First, make the cocktail sauce by mixing the mayonnaise, ketchup and capers together in a small bowl.
2. Prepare the salad by mixing the rocket, samphire and sliced lettuce together in a large mixing bowl.
3. Add a pinch of salt to the crushed ice and stir to combine. Mix a small amount of the salted crushed ice through the salad to keep it fresh and crisp.
4. Arrange layers of salad and sauce in large serving glasses, with a couple of prawns in each layer of sauce. Top with sauce and two langoustines hanging over the edge of the glass. Serve immediately with a wedge of lemon them into.



PAN-FRIED SPRATS
WITH AIOLI

saucepans with the sugar and 100ml of water set over a gentle heat. Cover and cook for about 15 minutes, until the gooseberries are soft. Blend the mixture using a handheld electric blender, then pour the liquid through a fine-mesh sieve

off the heat. Add a small pinch of salt to season and set aside.

2. Put the whelks with the white wine, onion and 200 ml of water in a large saucepan set over a medium heat. Cover and bring to a simmer, then continue to simmer for 5 minutes.
3. Add the chillies, parsley and a generous pinch of salt and black pepper. Toss together to combine.
4. Spoon the whelks into serving bowls and serve with a side dish of the hot garlic butter, for dipping

LANGOUSTINE COCKTAIL

Serves: 4

Prepare: 10 minutes
Cook: 5 minutes

Small bunch of fresh rocket leaves
50g samphire
1 iceberg lettuce
Sea salt
170g crushed ice
16 cooked large prawns, peeled
8 cooked langoustines
1 lemon, cut into wedges

For the cocktail sauce:
200ml mayonnaise
50g capers
100ml ketchup

MACKEREL BURGERS WITH GOOSEBERRY SAUCE

Makes: 4

Prepare: 10 Minutes
Cook: 30 Minutes

200g gooseberries, cut in half
70g caster sugar
100g butter
4 whole mackerel (each about 170g), filleted and deboned
4 brioche buns (or brioche finger rolls), sliced in half
80g watercress
Pinch of salt and black pepper

1. Begin by making the sauce. Put the gooseberries in a small

“Whelks are hugely underrated and sadly, in the United Kingdom, we export nearly all of them to Spain and France. This is a dish for eating with your fingers, as you need to hold the whelks quite firmly in order to prize the meat out so always serve with a generous supply of napkins!”



* WHELKS WITH
GARLIC BUTTER



into a jug. Discard the pulp and store in the fridge.

2. Put the butter in a large frying pan set over a medium heat. When the butter is foaming, carefully add the mackerel fillets skin-side up and cook for 3–4 minutes, until cooked through.

3. To serve, place a small handful of watercress in each roll, then a generous dollop of gooseberry sauce and finally, two mackerel fillets. Season with salt and pepper to taste.

GURNARD WITH OVEN-ROASTED TOMATOES

Serves: 4

Prepare: 10 Minutes

Cook: 20 Minutes

4 whole gurnard (each about 400 g), gutted, cleaned and scaled
Plain flour
Sea salt, to taste
Vegetable oil, to drizzle
2 brown onions, peeled and roughly chopped
2 lemons, quartered
Small bunch of fresh lemon thyme
16–24 vine tomatoes
Balsamic vinegar, to season

To serve (optional):

300g potatoes, peeled and diced
50g butter, melted
Small bunch of fresh flat-leaf parsley, chopped

- 1.** Preheat the oven to 180°C/Fan 160°C/Gas 4. Carefully trim the gurnards with a pair of scissors to remove all their fins and sharp spikes.
- 2.** Spoon some flour onto a plate and lightly season it with salt. Roll the gurnard in the flour, then drizzle a



little oil over them and gently rub over the fish.

- 3.** In each belly cavity, place ½ onion, 2 lemon wedges and a couple of sprigs of lemon thyme. Place the gurnard on a baking sheet and bake in the preheated oven for 20 minutes.
- 4.** Put the tomatoes on a separate baking sheet, lightly drizzle with oil and season with salt and a splash of balsamic vinegar. Add to the oven 5 minutes after the fish goes in. Check the fish is cooked using a meat thermometer – the

meat should be at a temperature of at least 58°C but no more than 65°C.

- 5.** Serve the gurnard whole on a plate with the roasted tomatoes and some cooked new potatoes tossed in butter and parsley. Decorate with lemon thyme sprinkled over the top.



Recipes taken from *Fish by Mat Follas* (£19.99, Ryland Peters & Small)



GURNARD WITH
OVEN-ROASTED
TOMATOES *

“This dish is all about drama. Serving a whole fish on a plate has a lot of impact, particularly when the fish is unusual, like a gurnard. Gurnards have a strong flavour and balance the robust flavour of roasted tomatoes well”

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Valentine's ~~KITCHEN~~

GBF columnist Valentine Warner talks culinary adventures – and resisting the urge to crown a brilliant meal or exhilarating fishing trip with a cigarette

The other night a woman told me that oysters were texturally like snot, and although not unpleasant, she didn't understand the point of swallowing them whole for a slippery hint of the sea. Apparently an oyster aficionado had taught her that one should slide them down, not chew.

"Who is this nitwit, the man's a fool" I replied hotly. The whole point is to chew them and let your palate suddenly become overrun by that meaty, explosive, über-mineral, metallic twang that makes your eyes pop out, your hair stand up, and causes you to clench your jaw with exhilaration, wide eyed and alive. Eating an oyster, you actually feel your body snatching those minerals and dispatching them to whichever parts of the body demand satisfaction. An oyster is a furtive awakening, refreshing, intimately strengthening, a rush the equivalent of nitrous oxide to a petrol engine. "Show me this

prancing fool who never chews," I said, then I had a cigarette...

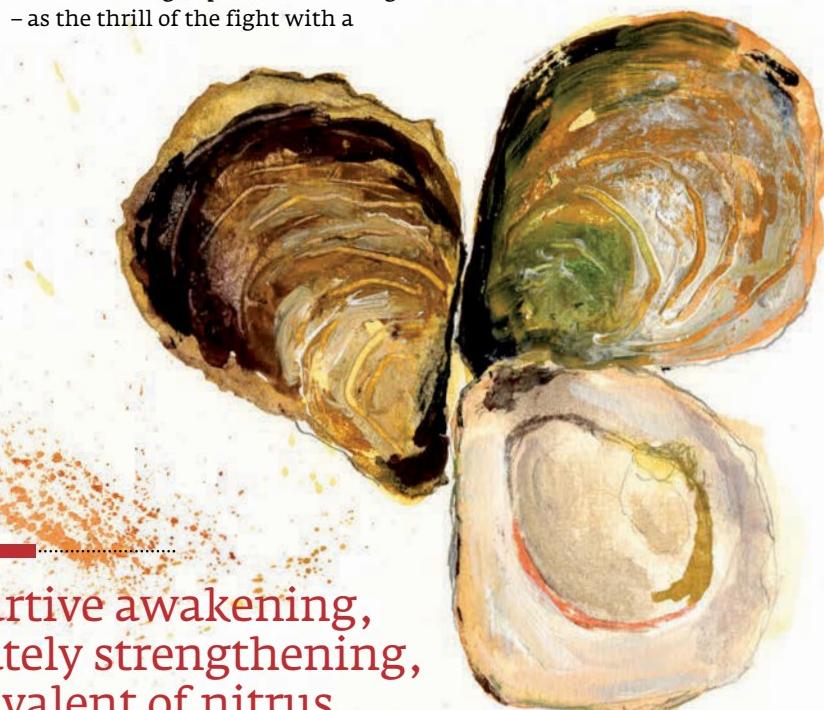
For some time now I have been waging an on-going battle with that many-headed hydra called smoking. To have landed a large summer trout and see it wriggling in the grass, to have climbed to the top of a Greek peak, the smell of dry mountain herbs and din of cicadas ringing in the air, to have eaten a succession of excellent courses with noble wines are three examples of things I enjoy, achievements even. What is this strong and intense urge, though, that any one of these wonderful situations feels only validated when crowned with a cigarette?

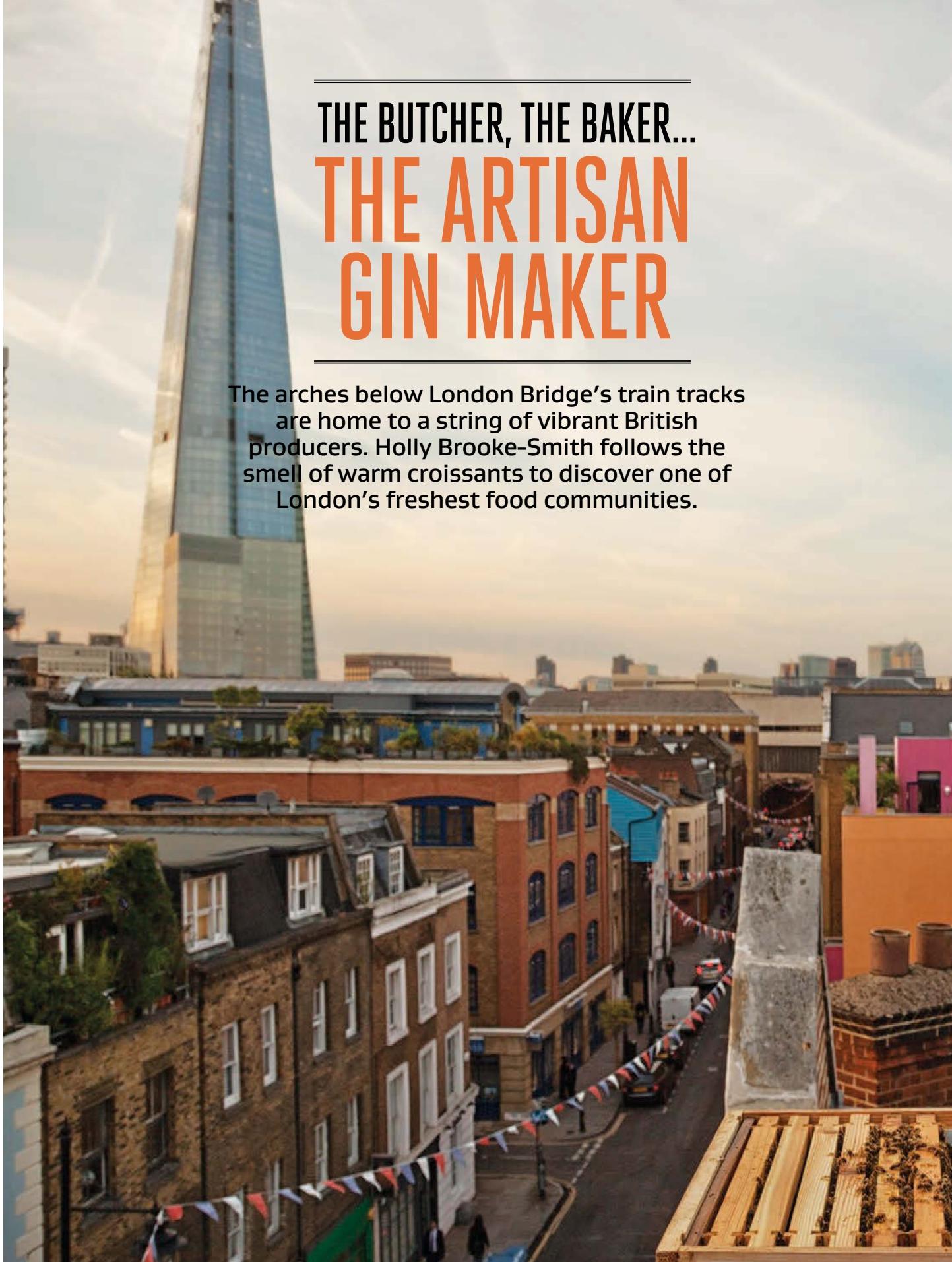
This validation at the end of a meal or fishing trip is a false feeling – as the thrill of the fight with a

fish, the walk and its summit, the satisfaction of appetite has already been recognized and appreciated before even the thought of the cigarette came to mind. Would you ever relive or tell the story with the fish, the mountain or the meal all being the lead up in a collection of tales called, *Great Cigarettes of my Life?* I doubt it.

It's a trick and although unexpectedly forceful in its arrival, resist that cigarette as the gurgling of the river, the panoramic view, the post dinner chat will whisk it away soon enough. A cigarette does not make a wonderful situation better. An oyster on the other hand...

"An oyster is a furtive awakening, refreshing , intimately strengthening, a rush the equivalent of nitrus oxide to a petrol engine"





THE BUTCHER, THE BAKER... THE ARTISAN GIN MAKER

The arches below London Bridge's train tracks are home to a string of vibrant British producers. Holly Brooke-Smith follows the smell of warm croissants to discover one of London's freshest food communities.

Just a scone's throw from London's world famous Borough Market, an independent food scene is thriving beneath the capital's mainline railways. Once considered the wrong side of the tracks, Maltby Street market and its more recent offshoot, Spa Terminus, have become established foodie destinations. The corrugated metal tunnels provide a versatile home for all sorts of kitchen designs – housing bakers' ovens, meat fridges, cheese counters and a gin distillery. They're also a great opportunity for visitors to have a peek behind the scenes of the city's speciality food making.

Rising with the Bakers

Weekends at Spa Terminus start long before dawn. Artisan bakers from The Little Bread Pedlar are some of the first to arrive on a

Saturday morning. They fire up the ovens at 3am to begin their first batch of the day. Virginia Hartley from LBP explains: "The first bakers arrive in the pastry section where we start mixing doughs and bread levains. We work until an early breakfast at about 4.30 or 5am, which is a pastry or baguette barely 10 minutes old. By the time our counter opens at 8am – which feels like noon for us – we'll be rolling pastries for tomorrow, shaping sourdough, making crème patisserie and poaching fruit."

Meanwhile, a few arches up at 98 Druid Street, the Comptoir Gourmand bakers lift their shutters at 5am. "The first baker begins by making dough for all the Viennoisseries (croissant, pain au chocolat, pain aux raisins, croissant aux amandes)," explains worker Tony Trieu. "At 7am our staff and barista arrive. Then shortly after, customers start gathering for the first batch of delights as they come out of the ovens."



The long tunnels are particularly good for making bread, as the sun only reaches halfway into the space. Virginia explains: "The depth of the arches creates the essential cool conditions for a bakery. Our three arches also provide dedicated sections for pastry, bread and the bicycle delivery area. They are interlinked – making for a really interactive workspace."

Meat, Cheese & Chutney

Nathan Mills and his partner Ruth run The Butchery Ltd from Arch 13 of Spa Terminus. "We use the space to dry-age all our own beef. We only do whole-carcass butchery and we employ techniques from around the world, which means we have cuts that many other butchers don't – so there are always questions about them."

Nathan's neighbours, England Preserves, make jam and chutney in their arch. Director Sky Cracknell describes her weekends: "We set everything up on a Friday evening. Then on a Saturday morning we turn up, buy a pastry from The Bread Pedlar, a coffee from Monmouth and roll up to our shutter and meet the public! It's great to have time to chat and get direct feedback. We've known some of our customers since we began at farmers' markets 15 years ago."

Meanwhile, Rachael Sills sells cheese from 104 Druid Street at Kaseswiss – she describes the benefits of being able to show customers exactly what they do. "Sometimes people can feel a little intimidated with so-called specialist food shops. We focus on creating an environment where customers feel at ease and can be confident to ask questions about the cheese and its origin."

"These arches have bred a new wave of artisan producers. The culture under the tracks is to collaborate"

She adds: "Being surrounded by businesses with the same enthusiasms for producing and selling food is so inspiring."

Brewer's Corner

Hannah Rhodes runs her craft honey beer company, Hiver, from the same arch as Jensens Gin distillery. Some of the beer's honey comes from nearby hives belonging to Bermondsey Bees and Urban Bee London – which boast enviable views of London's skyline. And, although the beer itself is brewed in Sussex, Hiver sets up a stall outside the Jensens arch at weekends.

"When Jensens were setting up their distillery they very kindly offered me some of their spare space for an office, with the view that both businesses could support one another with advice during our early days," explains Hannah. "There's such a community among the food producers down here, everyone supports one another and has a real respect for each other's products. There are always lots of coffees on the go from Comptoir Gourmand as everyone gets their stalls ready and opens the arches in the morning. It's bustling with excitement!"

Hannah Lanfear is part of the Jensens distillery team. "Our arch is vast, which suits distilling very well – not just because of the size of the gin still and plumbing, but also because we need ventilation. We have space for visitors and can operate training sessions for bartenders, and we've managed to squeeze in an office too. About 200 people come through the archway over the course of a Saturday. In the morning, we fill our shelves and prepare to sell as many people as possible the nutshell version of



our story, and what makes Jensens so special!"

Community Flavours

These arches, with their open shutter fronts and cavernous interiors, have bred a new wave of artisan producers. The culture under the tracks is to collaborate.

Virginia of LBP describes how the collective atmosphere feeds their product development. "We're engaging with the produce around us as we develop our breads, and we're thinking of how to complement our neighbours. For instance, we've been developing a ficelle – like a baguette but thinner and earthier – textured with millet grain and with a thick crust. It's something to work perfectly with a cheese from Mons or Neals Yard, as our staff lunches have found!"

Hannah of Jensens adds: "We also collaborate wherever we can. We've created a gin beer with nearby Brew By Numbers, we've borrowed forklift trucks, we drink in the archway bars – there's plenty of connections you can make around here!"





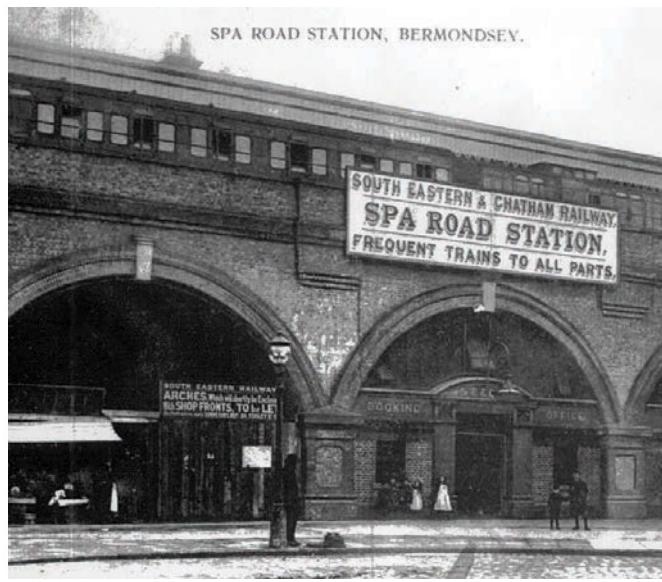
Discover more

Find the full list of producers beneath the arches at spa-terminus.co.uk

Hiver – hiverbeers.com
 Jensens – bermondseygin.com
 England Preserves – englandpreserves.co.uk
 Kaseswiss – kaseswiss.com
 Little Bread Pedlar – lpedlar.com
 Comptoir Gourmand – comptoирgourmand.co.uk
 The Butchery Ltd – thebutcheryltd.com



★ Spa Road terminus was one of the earliest rail stations in London – opened in 1836 and then closed in 1915 during the war. Developers invested in its renovation in 1986, turning the area into an industrial estate. The ghost of this long-closed station now lends its name to the string of arches below the tracks.



RUBY TANDOH'S BEST BRITISH BAKES

Self-confessed freestyle baker **Ruby Tandoh** – runner up in 2013's *Great British Bake Off* – puts her unique spin on two British classics



DARK CHOCOLATE ORANGE BOURBONS

Makes: 16-20 sandwich biscuits
Prepare: 20 minutes, plus chilling and cooling time
Cook: 12 minutes

240g plain flour
4 tbsps cocoa powder
140g unsalted butter, cubed
100g caster sugar
Zest of 1 orange
30ml milk or water

For the buttercream:
100g unsalted butter, softened
2 tbsps cocoa powder
Zest of 1 orange
150g icing sugar

1. Sift the flour and cocoa powder together into a large bowl. Rub in the butter using your fingertips, working lightly and speedily until no visible flakes of butter remain. Stir in the sugar and zest then sprinkle on the milk or water. Use a butter knife to cut through the mixture, blending the liquid with the dry ingredients until the whole lot has begun to come together in small clusters.

2. Press the dough into one piece, wrap in cling film and refrigerate for 30 minutes or more. Preheat the oven to 180°C/Fan 160°C/Gas 4 and line a large baking tray with baking parchment.

3. Depending on how chilled the dough is after its time in the

fridge, you may need to let it soften just slightly before rolling. If the dough is too hard, it'll crack as you roll; if it's too soft, it'll stick. It should feel cool to the touch and just firm. Roll out on a lightly floured work surface to around 25x30cm. Cut into rectangles approximately 8x3cm, although the precise dimensions don't matter too much as long as all of the shapes are more or less the same size. You can stack and re-roll any offcuts to minimise waste, but doing this more than once could result in the dough toughening.

4. Transfer the shapes to the lined baking tray and bake for 12 minutes. Leave to cool completely.

5. While the biscuits are cooking and cooling, prepare the buttercream. Beat the butter, cocoa powder and orange zest until smooth then add the icing sugar a little at a time. The mixture should be smooth and soft enough to spread or pipe.

6. Spread or pipe a generous layer of buttercream onto half of the cooled biscuits, sandwiching with the remaining biscuit halves. Chill in the fridge for 10 minutes if they need any extra help setting.

GLAZED SAFFRON BUNS

Makes: around 20 small buns
Prepare: 25 minutes, plus proving and rising time
Cook: 20 minutes





“The key to a good bourbon is the contrast between the mild cocoa biscuit and the chocolate kick inside. These ones stir things up with a peppering of orange zest too”



“Saffron is at once heinously expensive and ambrosially delicious. At around £7 per gram, it’s hardly a budget ingredient. Fortunately, a little goes a long way: a pinch of the stuff is enough to dye an entire batch of dough a glorious yellow and infuse it with a fragrant, honeyed taste”

330ml full-fat milk
2-3 pinches of saffron threads
(no more than $\frac{1}{2}$ tsp)
500g strong white flour
7g instant dried yeast
1 tsp salt
30g caster sugar
50g unsalted butter, softened

To glaze:
150g icing sugar
2 tbsps water

1. In a small pan, heat the milk and saffron together until the milk is scalding. As soon as the saffron threads hit the milk you’ll notice them bleeding ochre barely yellow before settling on a colour close to the golden hue of a block of good butter. You can squeeze even more colour from the saffron by pressing it against the pan with the back of a spoon, as you might wring the flavour from a brewing teabag.

2. In a large bowl, combine the flour, yeast, salt and sugar. Add the now-tepid milk and the butter, combine using your hands and then knead for 10 minutes, until smoother, less sticky and elastic. Leave the dough to rise in a large, covered bowl for 1-1 $\frac{1}{2}$ hours, or until doubled in size.

3. Line a large baking tray with baking parchment. Roll the risen dough out to a rectangle approximately 50x30cm, lightly flouring the work surface as you go. Cut the bottom to their midpoint, then turn over and roll the top down to the middle, creating an S-shape. Leave the shaped buns to prove on the prepared baking tray for around 45 minutes, or until almost doubled in size. Preheat the oven to 200°C/Fan 180°C/Gas 6 while you wait.

4. Bake for around 15 minutes in the preheated oven, rotating the tray halfway through the cooking time to ensure an even cook.

Prepare the glaze by adding the water to the icing sugar a little at a time, until smooth and thick, but slack enough that it will run from a spoon. Once the buns are cooked and while they’re still hot, use a pastry brush (or a small, very clean paintbrush) to brush them all over with the glaze. Leave to cool on a wire rack.

Recipe taken from Ruby Tandoh's *Crumb: The Baking Book* (£20, Chatto & Windus). Photography by Nato Weldon.

9 IDEAS WITH... Watercress

1 Watercress Soup

Melt a knob of butter in a saucepan and add 2 finely chopped onions and 2 crushed garlic cloves. Throw in 2 large peeled and diced potatoes and cook until everything is coloured. Add 400ml vegetable stock and simmer until the potatoes are cooked through. Add 3 large bunches of chopped watercress, cook until wilted then liquidise. Serve with a swirl of cream and good bread.

2 Watercress Pesto

Put a bag of watercress, a small handful of toasted pine nuts, 50g finely grated hard cheese and around 75ml of rapeseed oil into a food processor. Pulse a few times to make a coarse paste, then add more oil (if needed). Season and use to dress pasta.

3 Watercress & Cucumber Salad

Wash 2 bunches of watercress and slice a cucumber into batons, then place both in a bowl. Mix together a tablespoon each of white wine vinegar and Dijon mustard into 2 tablespoons of rapeseed oil, then add a finely chopped garlic clove and season. Pour over the salad, then toss.

The pride of Hampshire, this peppery, refreshing plant is often plonked on the side of a plate as a garnish – but it's got so much more potential

4 Watercress-scrambled Eggs

Beat 4 large eggs with a little milk and season. Add to a buttered hot pan and stir continuously until almost scrambled. Sprinkle in some gratededdar and a large handful of chopped watercress then cook for a few more seconds. Place the egg mixture on top of two toasted and buttered English muffins and serve.

5 Spinach & Watercress Dip

Take 400g spinach and steam in a covered saucepan for 5 minutes until wilted. Squeeze out excess liquid, then roughly chop and set aside. Fry half a finely chopped onion and a crushed garlic clove until soft, then place with the spinach. Roughly chop a large bunch of watercress, then place all the ingredients into 500g yoghurt. Either leave coarse or blitz with a stick blender, then season and drizzle lemon juice over the top.

6 Fresh Watercress Chutney

In a food processor, blitz together 190g desiccated coconut, a large bunch of watercress, 10 fresh mint leaves, a chopped and deseeded green chilli, 4 peeled garlic cloves, a teaspoon of ground cumin, a teaspoon of brown sugar, a teaspoon of salt and the juice of 1 lime. Blend until smooth, then season to taste. Serve with Indian food.

7 Watercress Sorbet

Simmer 3 large bunches of watercress in a little vegetable stock then liquidise. Strain through a fine sieve and set aside to cool. In a pan, dissolve 40g sugar in 25g of white wine vinegar and cook until it turns a light caramel. Stir into the soup, then place the mixture in a freezer-proof dish. Freeze for several hours and serve in scoops as either a palate cleanser or alongside white fish on a

8 Watercress-stuffed Chicken

Beat 100g finely chopped watercress into 150g cream cheese and season. Cut a pocket into 4 chicken breasts, then push the mixture inside and secure with a cocktail stick. Drizzle the breasts with olive oil, wrap each one in bacon then place in a 190°C/Fan 170°C/Gas 5 oven for 30 minutes.

9 Watercress Mayonnaise

In a food processor, whizz 2 egg yolks with a teaspoon of Dijon mustard and some sea salt. Measure out 300ml of rapeseed oil, and start slowly trickling it into the eggs with the processor still running. Halfway through, add a tablespoon of lemon juice and a tablespoon of cider vinegar. Once the oil is fully incorporated, add a peeled garlic clove and 75g watercress, then season to taste.





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A CELEBRATION OF REGIONAL FOOD, DRINK & TRAVEL



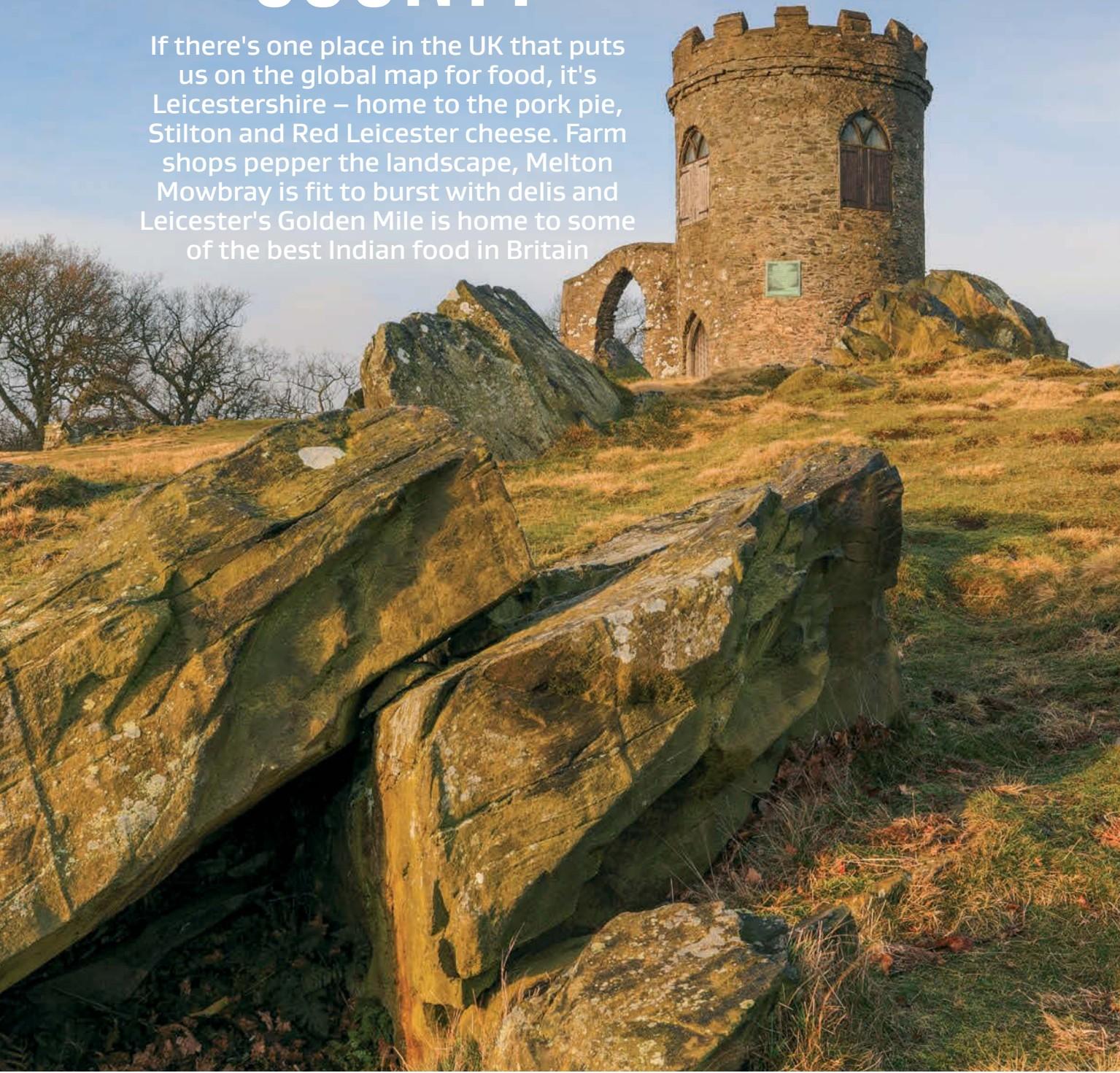
Leicestershire

Leicestershire is best known as the birthplace of one of our most loved specialities, the Melton Mowbray Pork Pie, but the county has plenty else to offer foodies, from cosy real ale pubs and speciality cheese to rural farm shops and bustling markets. Leicester is one of the UK's oldest cities, as well as one of the most ethnically diverse, and every year its famous Golden Mile – a stretch of road with a huge concentration of Indian restaurants and shops – hosts one of the biggest Diwali celebrations outside of India, attracting over 35,000 people. The city's newly opened £3.5 million indoor food market acts as a hub for all of the region's fantastic artisan produce, while the surrounding Leicestershire countryside is ideal for lovers of the great outdoors. Dig in!

OUR FAVOURITE LOCAL BITES* MUST-SEE FOODIE DESTINATIONS

THE FOOD COUNTY

If there's one place in the UK that puts us on the global map for food, it's Leicestershire – home to the pork pie, Stilton and Red Leicester cheese. Farm shops pepper the landscape, Melton Mowbray is fit to burst with delis and Leicester's Golden Mile is home to some of the best Indian food in Britain.





EAT
LOCAL

Leicestershire



STILTON RISOTTO WITH SAUSAGE, SPRING GREENS & CRISPY SAGE

Stilton is an EU PDO-protected cheese, meaning it has to be made to an exact recipe. It can also only be made by creameries in three counties – Leicestershire, Nottinghamshire and Derbyshire.

Serves: 4

Prepare: 15 minutes

Cook: 50 minutes

4 pork and fennel sausages
1 tbsp rapeseed oil
1 tbsp butter
1 onion, peeled and finely chopped
3 garlic cloves, peeled and finely chopped
1 glass white wine
750ml hot chicken or vegetable stock
1 head of spring greens, outer leaves and stalks removed, finely sliced
100g Stilton, crumbled
2 tbsps rapeseed oil
1 handful sage leaves

1. Remove the sausages from their skins. Heat the oil and butter in a heavy bottomed pan and add the sausages to the pan, using a wooden spoon to break them until they resemble small meatballs. When they are browned, remove from the pan with a slotted spoon and drain out any excess oil so there is only 1 tablespoon left.
2. Add the onions and fry over a low heat for 10 minutes until they

“Stilton is usually served as is on a cheeseboard, but it melts relatively well and the strong flavour works in perfect unison with blander foods such as rice. It’s also welcome in soups, as a burger topping or in salads”

RECIPE AND PHOTOGRAPH COURTESY OF BRITISH CHEESE.COM

have softened. For the last minute of cooking add the garlic to the pan.

3. Add the rice and stir for a minute or two to coat the grains. Pour over the glass of wine and keep stirring while the wine is absorbed. Gradually ladle the hot

stock into the risotto, letting it absorb between each ladle and constantly stirring.

4. With your last 3 ladlefuls of stock, add in the spring greens. The rice is ready when the grains are cooked but still have a little bite and the rice is loose but not soupy. Add in the Stilton, and watch the risotto become rich and velvety.

5. In a separate small frying pan, heat the oil. Add the sage leaves and fry for a minute or two until crisp. Serve the risotto with a scattering of sage leaves.



— The Home of Pie —

Melton Mowbray is synonymous with that most British of foods – the pork pie. It's so famous that local producers successfully applied for EU PGI protection, meaning a Melton Mowbray Pork Pie has to be made to a specific recipe, using uncured pork – hence the slightly grey colour of the meat within. It also has to be chopped, not minced, and covered in jelly.

Pies are such a big part of the village's history that it's played host to the British Pie Awards since 2008. Every April professional piemakers send in entries from all over the UK, and it goes beyond the classics – all sorts of meat, fish and veg are included. Last year saw 825 pies entered, containing ingredients like salt beef, pickles and even squirrel! britishpieawards.co.uk

What Makes a Winner

Katherine Walmsley of Nice Pie – which won five golds at last year's British Pie Awards – shares the secrets to making a champion entry

- The key to a great pie is using the finest ingredients. Choose the very best money can buy, and buy local too if possible, as that way you can support nearby businesses at the same time.
- If using a red meat filling for your pie, I would recommend slow cooking it together with stock, vegetables and seasoning for at least four hours or longer to ensure tenderness and maximum flavour.
- When making your pastry, it is really important to handle it as little as possible. Too much handling can lead to shrinking. I also recommend chilling the pastry in the fridge for 30 minutes before use.
- When assembling the pie, make sure you don't overfill. Too much and the filling can bubble up while cooking and split the pastry. Crimping firmly around the edges is also a good idea and can help prevent the filling boiling up too.
- It is really important that the pie cooks evenly to prevent a soggy bottom. Some people recommend par-baking the case before adding the filling to prevent this, but I prefer to start cooking the entire pie at a higher heat, which I turn down a bit once the crust has risen.

nice-pie.com





EAT
LOCAL

Leicestershire

“The sides of a true Melton Mowbray Pork Pie are bow-shaped, as they are baked free-standing instead of being placed in metal hoops. The pork is always fresh and chopped instead of minced, and must be well jellied”

NICE PIE'S MELTON MOWBRAY PORK PIE

MAKES: 1 x 450g pie
PREPARE: 30 minutes
COOK: 1½ hours, plus 3 days cooling time

125g plain flour
2g salt
60g lard
Beaten egg, to glaze

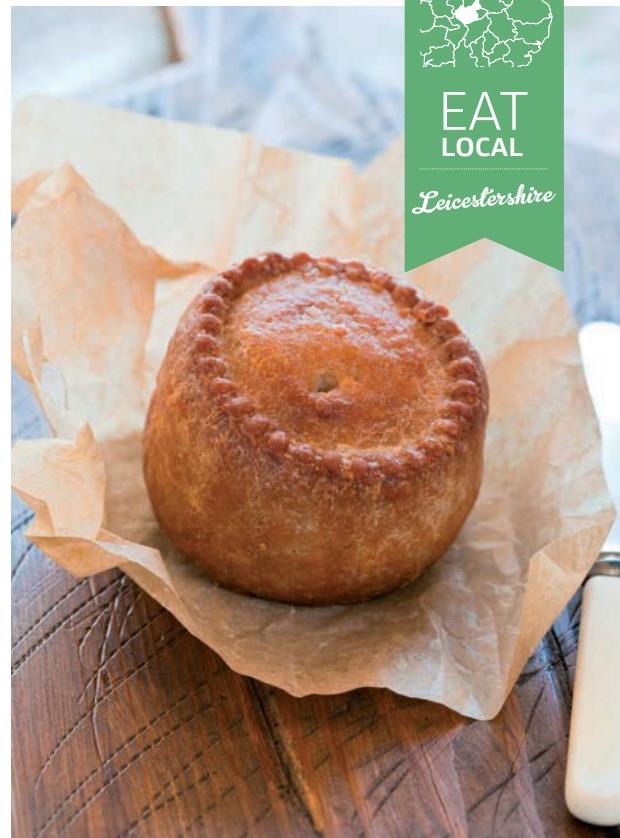
For the filling:
225g lean pork shoulder or collar
Sea salt and freshly ground black pepper

For the jelly:
120ml pork stock
15g gelatine

1. Sift the flour and salt into a bowl. Gently heat the lard and water together in a pan until boiling, then add to the flour and mix well until the mixture is cool enough to handle. Knead the pastry well, then form into a ball, wrap in cling film and place in the fridge overnight.

2. Remove the pastry from the fridge 2-3 hours before use. Cut a quarter away and set aside for the lid, then start tempering and squeezing the larger piece so it becomes soft enough to mould. Form it into a flattened ball, circle the pastry between your hands on a lightly floured surface and begin to raise the wall sides.

3. Press your thumbs into the centre of the pastry and begin to make an imprint. Take a floured



dolly [a sort of pork pie mould – the base of a jam jar would work here too] and push firmly into the centre. Keep pressing and shaping the pastry whilst rotating the dolly, constantly working to bring the sides up to form a pie shape.

4. The pastry case should reach the top of the dolly having an even thickness all the way round and on the bottom. Carefully ease the pastry away from the dolly and remove it.

5. For the filling, finely chop the pork and season well. Gently heat the pork stock and dissolve the gelatine into it, then set aside to cool overnight in the fridge. Roll the meat into a ball and place in the pastry case, pushing down. Slightly wet the rim of the case with water, roll out the lid with your remaining pastry and place it on top of the meat, attaching it to the sides of the pie. Pinch the lid and walls together, ensuring the lid is well sealed. Shape the pie by pushing at opposite points around the top, then place in the fridge to chill overnight.

6. Preheat the oven to 180°C/Fan 160°C/Gas 4. Place the pie onto a baking tray, brush with beaten egg and make a hole in the lid. Bake for around 1½ hours until a rich golden brown colour. Leave to cool slightly, then make two small holes in the lid and pour in the jelly. Place in the fridge overnight to cool.





EAT
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Leicestershire



RED LEICESTER BURGERS WITH TOMATO AND ONION RELISH

Red Leicester is used the world over in all sorts of cuisines, and its bright orange colouring comes from a natural dye made from the fruit of the annatto tree. Leicester was such an important city for cheese traders that a dedicated cheese market was established in 1759.

Serves: 4

Prepare: 20 minutes

Cook: 15 minutes

500g lean minced pork
1 garlic clove, peeled and crushed
4 spring onions, finely chopped
1 large carrot, grated
2 tsps mixed dried herbs
3 tsps chopped fresh parsley or chives
1 red onion, peeled and thinly sliced
2 tomatoes, sliced
1 tbsp red or white wine vinegar
2 tsps wholegrain mustard
4 burger buns, sliced in half
A couple handfuls of mixed salad leaves
100g Red Leicester cheese, sliced
Salt and freshly ground black pepper

1. Mix together the mince, garlic, spring onions, carrot, dried herbs and fresh herbs. Season well, then shape into 4 burgers. Cover and chill until ready to cook.
2. To make the tomato and onion relish, put the onions, tomatoes, vinegar and mustard into a bowl. Season, toss together and leave to marinate while cooking the burgers.
3. Preheat a char-grill pan, grill or barbecue. Cook the burgers for 6-7 minutes on each side. Lightly toast the burger buns on the cut sides. Top with some salad leaves, then place a burger on top of each one. Finish off with slices of Red Leicester cheese and serve with the tomato and onion relish.

Recipe courtesy of
britishcheese.com



EAT
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The Golden Mile

Walk down a certain stretch of Belgrave Road in Leicester and you'll be hit with the amazing smells, colours and sounds of an Indian bazaar. The Golden Mile is home to all sorts of amazing shops and restaurants, and the Diwali

celebrations here have to be seen to be believed. If you're looking for some authentic cuisine, check out **Bobby's** (eatatbobbys.com), which despite its low-key appearance serves some of the best vegetarian Gujurati cuisine in the UK.



OTHER SPECIALITIES

Bosworth Jumbles are thin, 'S' shaped biscuits flavoured with almond and lemon zest. Legend has it that the recipe was discovered after the final battle of the Wars of the Roses, where Richard III's cook accidentally dropped it.

Melton Hunt Cake has a much more concrete background, and can be traced to baker John Dickinson in 1854. It was created for the Melton Hunt, one of the original bands of fox hunters, and is a fruit cake full of cherries, rum and almonds.

Quorn might sound like an exotic brand conceived in a faraway land, but in fact it was invented in 1980s Leicestershire and named after the village it came from. Nowadays it's a staple for vegetarians across the UK.

Leicestershire-grown Potatoes make up most of the crop used to make Walkers crisps, of which over 7 million bags are produced daily! Walkers was established in the county in 1948, and is why Leicester footballer Gary Lineker fronts its TV ads.

TOP OF THE SHOPS

WHERE TO FIND THE BEST OF LEICESTERSHIRE'S PRODUCE

MANOR ORGANIC FARM

in Long Whatton has its own shop, butchery, bakery and tearoom. The farm is home to a magnificent herd of rare breed Longhorn cattle, pedigree Lleyn and Polled Dorset sheep, turkeys and chickens – all of which is butchered and sold on site. The range of organic vegetables is fantastic, and the bakery turns locally grown wheat, rye and spelt into all sorts of delicious treats. manororganicfarm.co.uk

ROOTS AT THORPE FARM

in Barkby Thorpe has been worked by the **Munt** family for generations. All the meat sold is from Leicestershire, and the cheese, bread and cakes come from nearby **Milton**. If you're looking to spruce up your garden, the Potting Shed shop is full of supplies, and you can even pick up pet food at the nearby Feed Shed. rootsthorpefarm.co.uk

FARNDON FIELDS

is on the edge of the beautiful town of **Market Harborough**, and is very popular with the locals. The staff are very passionate about the food they sell, and can tell you where anything on the shelves comes from (almost always on their doorstep) The different varieties of potato from Farndon's own farm include ones you won't find in the supermarkets, and are grown literally metres away. farndonfields.co.uk

PICK'S ORGANIC FARM SHOP

near Barkby Thorpe has been farming and selling organic meat and vegetables since 1999, so the team has plenty of experience. As well as the usual fare, there's a huge selection of organic beers, ciders, wines and spirits. If you're an egg fan, the farm is home to all sorts of hens including Rhode Rock, Speckaldy and Goldline,

which all lay beautiful varieties. picksorganic.co.uk

THE GOOD GRUB COMPANY

has evolved from a plot of land with 500 free-range hens to three shops throughout the East Midlands in **Hose**, **Stewell** and **Kinoulton** in just six years, which is no mean feat! It now offers a veg box delivery scheme (which the team will happily tailor to your needs) and champions local farmers and producers. thegoodgrubcompany.co.uk

BOUVERIE LODGE

is a working bison and venison farm situated 5 miles from **Melton Mowbray**. Seeing these glorious beasts roam the fields is a real spectacle, and the on-site farm shop is renowned for its delicious bison burgers and venison joints. bisons.org



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A TASTE OF... Leicestershire

Leicestershire's fabulous food scene includes some of the UK's most historic specialities

1. Manor Farm Yoghurt, various flavours, around 59p from selected Waitrose stores and independent retailers
2. Mrs King's Melton Mowbray Pork Pies, £ 95 formanandfield.com
3. Spice 'N' Tice Herby Fish Rub/Peppery

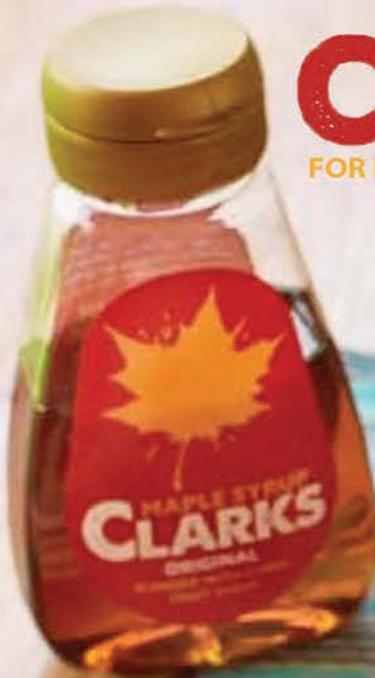
- Rub, £ .50 spicentice.com
4. Sparkenhoe Red Leicester, £ .95 paxtonandwhitfield.co.uk
5. Tuxford & Tebbutt Stilton, £ .50 from Sainsbury's



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FOR FLAVOURS THEY'LL SIMPLY ADORE

Replace
sugar with
Maple Syrup!
#MoveToMaple



Gluten free maple coconut granola bar

Serves 12 | Prep 20 min | Cook 25 min

INGREDIENTS

1. You will need an 8 inch square tin
2. 200g dried chopped dates
3. 100ml freshly boiled water
4. 225g unsalted butter
5. 50g creamed coconut
6. 150ml Clarks Original Maple Carob syrup
7. 175g rolled oats
8. 125g desiccated coconut

INSTRUCTIONS

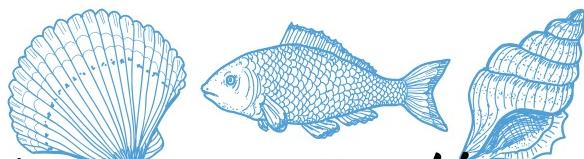
1. Soak the dates in the hot water for 10 mins. In a bowl mix the oats and coconut and set aside.

2. Put the butter, creamed coconut and maple syrup in a pan and place over a low heat and stir to melt the butter and coconut. Carefully drain any excess water from the dates and add these to the pan and stir for another 2 mins. Pour the buttery mixture over the oat mixture and stir to completely combine.
3. Pour into a greased and lined 8 inch square tin and bake for 25 mins until golden brown. Leave to cool in the tin, then turn out and cut into bars with a sharp knife.

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Nathan Outlaw's FISH TALES

From dreams of being an illustrator to becoming one of the UK's top chefs, our columnist **Nathan Outlaw** talks about the aesthetics of food

When I was a kid, I desperately wanted to be an illustrator for Disney but as I grew up, reality hit and I realized that it wasn't to be. Since then, my creativity has been channelled into my food. They say people initially eat with their eyes and I think that is definitely true. Seeing food plated attractively will always draw in a potential diner; it's the first hint they get of what's to follow. Thinking about shape, texture and colour when planning a dish is extremely important, and that includes whatever you're serving the food from, too. I'm lucky in that I have a local potter, Chris Prindl, who makes my crockery to order. You wouldn't believe the amount of time we spend discussing what my food should be served on!

Nowadays, it's not unusual to see customers taking photos of each dish they are served to put on social media sites. Some might say this is bad

manners at the table, but these pictures can really influence others to come to the restaurant...or not, depending on what is seen. I must admit that I've become increasingly interested in art as a result of this surge of social photography, often taking images of things in the kitchen I think people will find interesting and posting them myself. Like it or not, these days it's just got to be done!

I've been fortunate enough to have the images for my books photographed by the amazing David Loftus, and have picked up a few tips from him in the process. I've decided that I'm going to treat myself to a decent camera and start taking serious images after several people commented favourably about photos I'd taken. What's more, I really enjoy doing it and find it quite relaxing. You never know, it could be the start of a whole new career!

But I don't expect just to be

photographing food. After all, I live and work on one of the most photogenic coastlines in the country and at this time of year it's really coming alive. I know I'll never capture what Mother Nature has created completely, but I hope, in time, that I manage to do some of it justice.

At my new restaurant I've been lucky enough to arrange for a couple of local artists to hang their work for customers to enjoy. Caroline Cleave and Phil Harvey have a knack of painting and drawing objects, which shows a real affinity with the sea, its creatures and the coastline. Their work is both interesting and beautiful and complements the restaurant's décor perfectly. I'm not clever enough to draw like they can but I hope, in future, that some of the images I take are good enough to hang on the walls and be enjoyed by others too. We'll see!

Pan-fried Bream with Spring Vegetable Nage

Vegetable nage was on the opening menu at my first restaurant, the Black Pig in Rock. I would throw in any veg I could get my hands on and the herbs were freshly picked from our herb patch. Topped with a fillet of wild black bream, it became a signature dish. You can vary it with the seasons, and make it simple or complex. I like to have a medley of vegetables, so every spoonful promises a different taste, texture and look.

SERVES: 4

PREPARE: 15 minutes
COOK: 20 minutes

2 bream, about 500g each, fins and gills cut off, scaled, gutted, filleted and pin boned

For the nage:

Finely pared zest and juice of 1 lemon
400ml vegetable stock
12 asparagus spears, trimmed
100g podded peas
Rapeseed oil, for cooking
2 shallots, peeled and chopped
1 garlic clove, peeled and chopped
4 young carrots, peeled and sliced
1 fennel bulb, trimmed and chopped
100ml double cream
4 small spring onions, trimmed and sliced
1 tsp chopped mint
1 tsp chopped chervil
1 tsp chopped tarragon
Cornish sea salt and freshly ground black pepper
Lemon oil, to finish

1. For the nage, place a saucepan over a medium-low heat, then add the lemon zest and cook for 1 minute to release its natural oils, then pour in the vegetable stock. Bring to the boil, lower the heat and simmer for 5 minutes. Set aside to cool then add the lemon juice.

2. To cook the vegetables for the nage, blanch the asparagus and peas in boiling salted water for a few minutes until tender, then drain, refresh in cold water; drain again and set aside. Heat a little rapeseed oil in a saucepan and add the shallots and garlic. Sweat for 1 minute, without colouring, then add the carrots and fennel. Continue to sweat for another 2 minutes and then add the nage stock. Simmer until the carrots start to soften slightly, about 5 minutes. Now add the cream and simmer for a couple of minutes. Season with salt and pepper to taste.

3. To cook the fish, heat a large non-stick frying pan and add a drizzle of oil. Once the oil is hot, place the fish in the pan, skin side down, and cook for 2 minutes or until the skin is golden and

crisp at the edges. Flip the fish over and take the pan off the heat. The fish will continue to cook in the residual heat while you finish the nage.

4. To finish the nage, add the blanched asparagus and peas, spring onions and herbs and simmer for 1 minute. Ladle the vegetables and

nage into 4 warmed soup plates. Top with the pan-fried fish, placing it skin side up, and drizzle lemon oil all around. Serve at once.

**Recipe from Nathan Outlaw's British Seafood (Quadrille, £25).
Photography by David Loftus**



Let's Eat OUTSIDE

These light and bright dishes from Irish chef Clodagh McKenna are perfect for eating inside or out on sunny spring days

SCOTCH EGGS WITH BLACK PUDDING

Makes: 4

Prepare: 25 minutes

Cook: 17 minutes

4 free-range eggs
Rapeseed or sunflower oil, for shallow frying

For the meat coating:

100g black pudding
100g sausage meat
1 tsp fresh thyme, finely chopped
1 tbsp fresh flat-leaf parsley, finely chopped
1 tsp Dijon mustard
Zest of 1 lemon
1 spring onion, finely chopped
Sea salt and ground black pepper

For the breadcrumb coating:

120g plain flour, plus extra for dusting
1 free-range egg, beaten
120g very fine breadcrumbs

1. Put the eggs in a pan of cold

water over a high heat and bring to the boil. Reduce the heat and simmer for exactly 7 minutes. Drain and cool the eggs under cold running water, then remove the shells.

2. While the eggs are cooking, prepare the meat. Blend together the black pudding, sausage meat, thyme, parsley, mustard, lemon zest and spring onion. Season and mix until well combined. You can do this with a wooden spoon, by hand or in a food processor.

3. Dust your hands with flour and work with a quarter of the sausage mixture at a time. Roll the meat into a ball. Put it on a piece of clingfilm and press slightly. Cover with another sheet of clingfilm and gently roll out into a circle about 10cm across. Remove the top sheet of clingfilm and put a boiled egg in the centre of the meat.

4. Close the sausage mixture around the egg, using the clingfilm underneath as an aid, and reshape until you have the perfect egg

shape. Remove all the clingfilm. Repeat with the remaining eggs and sausage and black pudding mixture.

5. To coat the Scotch eggs, put the flour in one bowl, the beaten egg in a second and the breadcrumbs in a third. Dip each Scotch egg into the flour, then the egg, then roll it in the breadcrumbs.

6. Put a shallow pan over a medium heat and pour in the oil until it is about two-thirds full. When the oil is hot, carefully drop in the Scotch eggs and fry them for 10 minutes, turning every few minutes to make sure they are evenly fried and golden brown. Remove from the oil and drain on kitchen paper. Serve at room temperature.

MUSSELS COOKED WITH CREAM, CHORIZO & GARLIC

Serves: 2

Prepare: 10 minutes

Cook: 7 minutes

1kg mussels

2 tbsps olive or rapeseed oil





"We make these Irish-style scotch eggs in my restaurants. Served with cucumber pickle and spicy apple chutney, they are utter heaven!"

2 garlic cloves, peeled and crushed
60g chorizo, diced
2 shallots, peeled and finely chopped
100ml single cream
100ml white wine
1 tbsp fresh flat-leaf parsley, finely chopped

1. Start by preparing the mussels. The shells should be tightly shut and, if not, should promptly close if you tap them with your finger. If they do not close, they are not alive and should be discarded.

2. Wild mussels will have a 'beard',

which is a clump of fibres they use to navigate and attach themselves to rocks on the seabed. Before cooking, this beard will have to be removed. To do this, give the beard a sharp tug and pull it towards the hinge of the mussel before discarding. Next, rinse the mussels in cold water to remove any sand, and, using a knife, carefully scrape off any barnacles.

3. Heat the oil in a large saucepan over a medium heat. Stir in the garlic, chorizo and shallots. Cover and leave to sweat for 2 minutes. Turn the heat up to high and stir in the cream and white wine, followed



by the mussels. Stir well, cover and cook for approximately 4–5 minutes. After this time, the shells should have opened, which means they are cooked. Discard any mussels whose shells have not opened.

4. Finish by sprinkling the parsley over the mussels and stirring once more to bring all the flavours together. Divide the mussels between two warmed bowls and pour over the remaining sauce before serving.

ORANGE BLOSSOM BUTTERMILK SCONES

Makes: 12 scones
Prepare: 15 minutes
Cook: 20 minutes

450g plain white flour, plus extra for dusting
1 tsp baking powder
Pinch of salt
100g unsalted butter, chilled and cubed
60g caster sugar
1 tbsp orange blossom essence
Zest of 1 orange
1 free-range egg
250ml buttermilk



**MUSSELS COOKED
WITH CREAM,
CHORIZO & GARLIC**

"I am a little bit biased, but I do believe that the best mussels in the world are harvested in Ireland. We are an island surrounded by strong tides and clean waters that enable mussels to grow and become beautiful, sweet cushions in rugged shells"

For the glaze:

30g unsalted butter
250g caster sugar
zest and juice of 2 oranges

For the cream:

1 tbsp orange blossom water
1 tbsp clear honey
250g mascarpone cheese

1 Preheat the oven to 220°C/Fan 200°C/Gas 7 and prepare a baking tray by dredging it with flour and shaking off any excess.

2. Sieve the flour and baking powder into a large mixing bowl. Lightly stir in the salt. Using your

fingertips, rub the chilled butter into the flour, then stir in the sugar.

3. Whisk together the orange blossom water, orange zest, egg and buttermilk in a jug. Make a well in the centre of the flour mixture and gradually stir in the buttermilk-and-orange liquid. Try not to over-stir the dough as this will make it tough. The dough should be slightly sticky to the touch.

4. Tip the dough out onto a lightly floured surface and gently knead, just enough to get rid of any cracks in the dough. Roll it out to a 2.5cm thickness and, using a 5cm scone cutter, cut out 12 rounds. Lift the



Savvy Shopper

This fantastic Natural Orange Flavouring is great for adding a good hit of citrus to your bakes, and makes a great alternative to the orange blossom in this recipe. £ .99, www.foodieflavours.com

scones onto the floured baking tray and bake for 10–15 minutes, or until golden and risen. Transfer to a wire rack and allow to cool.

5. While the scones are cooling, make the glaze by placing the butter, sugar and orange zest and juice in a saucepan over a medium heat. Stir until the butter and sugar have melted and thickened. Then remove from the heat and whiz in a food processor for a minute until smooth and slightly cooled.

6. Make your cream by mixing all of the ingredients together. Using a pastry brush, glaze the tops of the scones. The scones are best eaten on the day they are made, but will keep for up to 3 days in an airtight container.

CASHEL BLUE, CARAMELISED ONION & THYME PIZZAS

Serves: 2

Prepare: plus rising time

Cook: 20 minutes

For the dough:

6g fresh yeast
100g plain white flour, plus extra for dusting
Pinch of sea salt

For the topping

50g butter
2 onions, peeled, quartered and thinly sliced
1 tsp soft brown sugar
Olive oil, for brushing
150g Cashel Blue cheese, or other strong blue cheese
2 tsps fresh thyme, finely chopped
Handful of rocket leaves
Sea salt and freshly ground black pepper

1. Place the yeast in a small bowl.



★ ORANGE BLOSSOM BUTTERMILK SCONES



* CASHEL BLUE,
CARAMELISED ONION
& THYME PIZZASLIC

Cover with 100ml tepid water and leave to dissolve for 5 minutes.

Place the flour in a bowl and make a well in the centre. Pour the dissolved yeast into the centre, then add a pinch of salt and mix in the flour from the sides. Add approximately 100ml water and mix into a dough.

2. Tip out onto a lightly floured surface and knead the dough by pushing it away from you with the heel of your hand until you reach a smooth consistency. Place the dough back in the bowl, cover with a tea towel and place in a warm place for approximately 3 hours to rise.

3. While the dough is rising, prepare the topping. Melt the butter in a saucepan over a medium heat, then add the onions. Cover and leave to sweat for about 10 minutes, then remove the lid, increase the heat and stir in the brown sugar until the onions are lovely and brown, then tip into a

bowl and leave to cool.

4. Preheat the oven to 180°C/Fan 160°C/Gas 4. When the dough has risen, tip it out onto a floured board and roll out into a circle. I like my pizzas thin, so I roll it to about 5mm thick. Brush the pizza base with some oil, then spread the onions all over the base. Crumble the blue cheese on top and sprinkle over the thyme. Season with salt and



pepper, then bake for 20 minutes. Scatter the fresh rocket over the pizza just before serving.

Clodagh's Irish Kitchen by Clodagh McKenna (£19.99, Kyle)

“The tangy flavour of blue cheese is fantastic with the sweet caramelised onions, and the thyme gives a subtle pepper and lemon flavour. You could use feta or goat’s cheese instead of the blue if you wish”

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3 Montgomery Cheddar

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This Cheddar is matured over 12-18 months, and is a perfect example of how the cheese was made back in the 19th century. Dry, nutty and incredibly moreish.

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4 Paxton's Cave Aged Cheddar

BR VALLEY, D RSET

A brief stint in the Wookey Hole caves lends this cheese an earthy flavour, with a fruity, nutty finish.

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5 Godminster Organic Cheddar

BR TON, SOMER ET

This delicious waxed cheese is incredibly creamy – so much so that the producers suggest slicing off the top and using a spoon to serve it in scoops!

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6 Snowdonia Black Bomber

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Your guide to what to cook, make and buy this month



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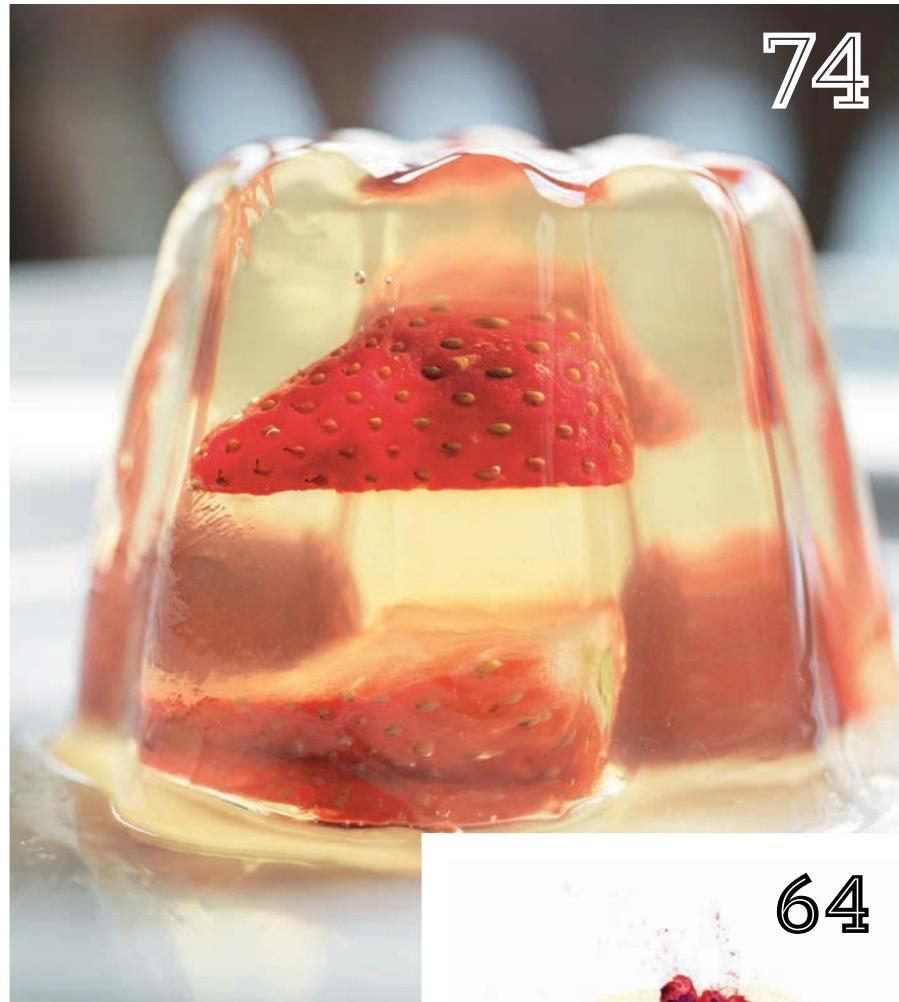
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GOURMET'S GUIDE TO

Victoria Sponge

Bowls out! Flour sifted! Cake forks at the ready! **Tom Shingler** makes a mess of the kitchen and whips up the most iconic of British cakes



“Moist sponge, tangy jam and rich cream all come together in one big celebration of British cooking”

Sponge

Here's something I didn't know – most Victoria Sponge makers use a little trick to make sure their cakes come out perfectly. When working out how much flour, butter and sugar to use, they first weigh three large eggs in their shells, then measure out the same quantity for the other ingredients. Why this works I don't know, but it does – I've had my fair share of cake trouble in the past, but using this method my sponges came out bouncy, light and not at all dry. It's also important to make sure your butter is at room temperature – you can use margarine, instead (even proper Victoria Sponge enforcers the Women's Institute suggest this), but I prefer using something more natural.

Three hen's eggs should weigh somewhere around the 200g mark – if you can find two duck eggs that weigh roughly 100g each, use these for a much richer, tastier sponge. And don't be tempted to go bigger – instead of the towering, majestic sponge you might imagine, you'll end up with a pair of collapsed, soggy, undercooked messes (or at least, I did). A teaspoon of baking powder helps with the sponges' 'fluffiness', and a drop of milk stops it turning stodgy.

Jam

I opt for raspberry here – it's what the ladies over at the WI use and I find some strawberry varieties don't have enough of a tang. It seems a tad blasphemous to use anything more exotic, but if it's all you've got in the cupboard, go ahead. If you're a seasoned preserver, you might have a few jars left over from last summer's harvest, or you can stock up on frozen berries and quickly boil up a batch in advance.



The few times I've made jam have had less than ideal results and the jars usually lie forgotten at the back of the pantry, so I concede defeat and buy mine from someone who knows what they're doing. Make sure you go for a good quality one, though – the cheaper ones are too smooth and sweet (like the red sauce you get in artificial birthday cakes), and you want lumps of real fruit for a bit of texture. If the jar says the jam is made in small batches to a family recipe (or words to that effect), you're probably on the right track.

Cream

It's news to me, but apparently a classic Victoria Sponge has nothing in it except jam! I can't imagine why cream is left out, especially as tart fruit and unctuous dairy go so well together. So, laughing in the face of tradition, I suggest whipping up some cream until it's pillow-y, stiff and delicious, then liberally piling it on top of the jam. You could use buttercream if you have a particularly strong sweet tooth, but it's not for me. I'm a sucker for vanilla, and seeing as it goes so well with raspberry, I see no problem with whisking some in for good measure.

FEELING FRUITY

OUR FAVOURITE JAMS

Made with Herefordshire strawberries, this jam is lusciously rich. Roots & Wings Strawberry Jam, from £2.60, Sainsbury's



A god amongst jams, this was James Bond's favourite preserve. Tiptree Little Scarlet Conserve, £3.99, Waitrose

Tart, sweet, delicious – there aren't enough words to describe one of our favourite jams.

Daylesford Organic Raspberry Jam, £2.50, Ocado



the
ASSEMBLY



Take a look at your two sponges. Hopefully they're pretty similar, but inevitably, one is going to be the less attractive, somewhat misshapen sibling. Put this one on your cake stand and spread the top of it with a thick layer of jam, mopping up any that dribbles down the side.

Pile the cream on top as evenly as you can, then top with the prettier sponge, its flattest side facing up. Squidge everything down a bit, wipe away any overflow, then dust with icing sugar. After admiring your work and feeling as domestically godlike as Nigella (I know I certainly did), cut a huge slice out of it and devour.

ADDITIONS

FRESH FRUIT

whether arranged on top of the cake or sandwiched in between, certainly ups your Victoria Sponge game. If they're in season, a handful of raspberries will add texture and freshness, but they're really not necessary – only include them if you're looking to impress.

CASTER SUGAR

in lieu of icing sugar is a popular choice, as it provides a nice crunch to the outside of the cake. However, I prefer icing sugar for the aesthetic appeal – like freshly fallen snow, it just makes everything look more inviting, and adds to the soft, pillow-like texture of the sponge.

VANILLA ESSENCE

in the cake mix or cream is included in a lot of Victoria Sponge recipes, but I prefer to add the seeds into the cream and leave everything else neutral. But vanilla pods are expensive and can be overpowering for some people; if this is the case, a teaspoon of extract in the cream works fine.

PERFECT VICTORIA SPONGE

SERVES: 8 PREPARE: 20 MINUTES COOK: 25 MINUTES, PLUS COOLING TIME

3 free-range hen or 2 eggs, weighing 175-225g in total, in their shells, beaten

Equal quantity unsalted butter, at room temperature, plus extra for greasing

Equal quantity self-raising flour, sifted

Equal quantity caster sugar

1 tsp baking powder

Splash of whole milk

For the filling:

150ml whipping cream

2 tbsps caster sugar

½ vanilla pod, seeds scraped (or 1 tsp vanilla extract)

Strawberry or raspberry jam

Handful fresh raspberries or strawberries (optional)

Icing sugar, for dusting

1 Preheat the oven to 180°C/Fan 160°C/Gas 4. Grease and line 2 x 20cm round cake tins. In a stand mixer or with a wooden spoon, mix the butter and sugar together until creamed and fully combined.

2 Pour in the eggs, a little at a time, beating the mixture constantly and making sure each addition is completely incorporated before pouring in more. Once all the eggs are in, add the baking powder then fold in the flour gently until mixed. Add a little milk to loosen the batter slightly.

3 Divide the mixture equally between the two tins – weighing them, if possible, to get them exactly the same, then bake for 25 minutes in the middle of the oven. They are ready when golden brown and have shrunk away from the sides.

4 Once cooked, remove from the oven and leave to cool, then turn out onto a wire rack until it is completely cool.

5 For the filling, use an electric whisk to whip the cream, sugar and vanilla seeds until stiff. Take the least attractive sponge, place it on your cake stand and spread the top with jam. Add the fresh fruit, if using, pile on the cream, then place the other sponge on top and press down lightly. Clean away any excess, dust with icing sugar and serve.



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• TRIED & TASTED •

BREAD

Artisan bread is a food that should be taken very seriously. We used our loaves to gather some of the tastiest Britain has to offer

1 Buckingham Cholla

Puffy, sweet and addictive is how a perfect cholla should be, and that's what you get with Buckingham's beautiful bake. With its mahogany tinted crust and slightly sugary glaze, this isn't a bread that you'd simply slice for a ham sandwich – it should be treated as a delicacy. Pull the bread apart and you'll find pillow-y soft crumbs inside. Serve simply with some good butter, and use stale Cholla to make the most amazing bread and butter pudding.

£2.10 from [ocado.com](#)

**2 Staff of Life
Pistachio Bread**

A salty loaf, similar to an olive baton, with the addition of pistachio nuts makes this bake terrifically unique. Although you'd expect the pistachios hidden underneath the glistening crust to add a dry crunch, they actually create the opposite; the nuts moisten the bread to give a much more complex taste. Whip this out at a dinner party and you'll be considered a true artisan bread aficionado!

£2.15 from [Booths](#)

**3 Gail's Bakery
American Pumpernickel
Bread**

This tin loaf is a twist on the classic pumpernickel style, with a deliciously rich fruit and nut flavour. The bread is bursting with cocoa and molasses notes, which sit side by side with dried fruit for a combination of sweet and savoury. Gail's never ceases to amaze with its constantly expanding and diverse range – this loaf is certainly different from your average sliced white bread!

£3.20 from [ocado.com](#)

4 Pain Ancien

While this is a beautifully versatile, everyday loaf, PAUL is a bakery that's comfortably mastered the ability to make a basic style much more than that. The robust and chewy crust complements the light fluffy bread crumb, resulting in a loaf that's perfectly adaptable and would suit all sorts of uses – slot some salt beef in there, a pickle, a dash of mustard and black pepper and you've got the ultimate lunchtime sandwich!

£2.40 from [PAUL](#) shops

5 Oated Cob Loaf

The fact that Findlators has made a bread that's won a Great Taste award and omitted two key ingredients – wheat and gluten – is a testament to the company's determination to create quality for any customer. With its bouncy yet chewy seeded exterior, this bread doesn't skimp on taste. The texture of this loaf makes it great for toasting – layer some mature cheese on top for the perfect cheese on toast.

£3.79 from [findlatorsfinefoods.co.uk](#)



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all between 10am - 5pm

admission: £9.50 family/group (4): £34 includes entrance to the Gardens, Park, Dinosaur Trail, Adventure Playground and Parking pre-booked admission discounts: oakleighfairs.co.uk/knebworth-food

tastefull days out

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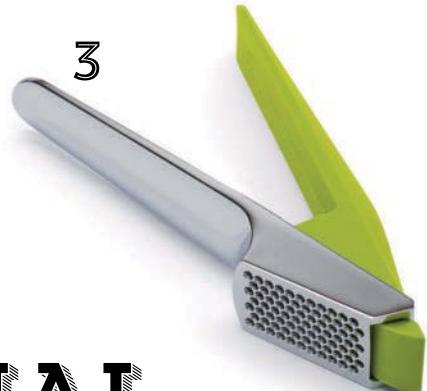
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1



2



3



5



4

KITCHEN CONFIDENTIAL

• GARLIC PRESSES •



Tom Shingler stinks out the office to see which gadgets make quick work of garlic cloves and – more importantly – are easy to clean

1 CHEF'N GARLIC ZOOM

The way this gadget works is completely different from the rest – while the others crush the clove into submission, this piece of kit is full of rotating blades which, when you drive the pod back and forth like a toy car, chop the clove into tiny pieces. This gives a more authentic finished product, but there are some downsides; you have to peel the cloves beforehand, and it's very hard to get every last piece out. However, if your wrists aren't up to traditional crushers, this is a great alternative.

£7 from John Lewis

2 STELLAR GARLIC PRESS & SCOOP

A full metal body means this garlic press isn't going to break anytime soon, and the little blades crush through even the strongest cloves with relative ease. The small, red plastic scooping tool makes it easy to transfer the garlic into a pan (a squeeze and a sharp tap is all it needs), leaving hardly anything but the intact purple skin behind. It's also dishwasher safe, and relatively easy to clean under the tap with a quick rinse and wipe.

£15.65 from hartsofstur.com

3 JOSEPH JOSEPH EASY-PRESS

The lovely design is classic Joseph Joseph – minimalist, chunky, sturdy and ergonomic. The green lever detaches from the metal one, so you can use it to scrape the crushed garlic into your saucepan, then scrape the leftover skin into the bin. This means you don't have to touch any part of the clove from start to finish, leaving you with clean hands. It works perfectly, is very easy to clean and feels very nice to use. If I had ten bulbs of garlic to crush, this would be the press I'd pick.

£11.12 from Amazon

4 OXO GOOD GRIPS GARLIC PRESS

Another great press, which is what you'd expect from a company like OXO. It's very satisfying to use, as you swing it one way to crush, scrape the garlic into the pan, then swing it 360° to push the cleaner into the grate and get every last bit of skin and garlic out. The sturdy metal hinge feels solid, and the crusher is very well built, so should last you for life. The soft handles also mean you won't hurt your hands on particularly tough cloves.

£13 from Amazon

5 ZYLISS GARLIC PRESS

With a clever built-in tool, this sturdy, easy to use press is probably the quickest to clean after using. The blue brush fits perfectly into all the tiny sharp holes of the crusher, poking out the skin (which is left as one whole piece) and any garlic remnants, which can then be scraped into the bin. Then it's just a quick rinse under the tap, one or two scrubs with the sponge and it's ready to be put away. It's not as efficient as others at getting every last piece of garlic out, but it's not far off by any means.

£9.59 from Lakeland



GBF MASTERCLASS: **WHISKY**

It's Scottish Whisky Month! Learn the differences between the five main styles of malt and taste your way around the country's most famous export



ISLAY

This is the greatest of the whisky producing islands. It is only 25 miles long, but has no fewer than eight distilleries, and is covered in peat which is exposed to rain and sea spray. Harvested and used to malt the barley used in distilling, the peat gives the single malts here their characteristic smoky flavour with some salty, seaweed notes.

STAR DISTILLERY LAPHROAIG

One of the most recognisable names in Scottish whisky, Laphroaig is known for packing massive amounts of smoky flavour in its bottles. This is thanks to the island's peat reserves, which impart the wonderful flavour. laphroaig.com

TOP BOTTLE Laphroaig Select

The unmistakeable smoky taste of Islay whisky is the most prominent flavour in this bottle, followed by a surprisingly sweet taste. The distillery is based on the shore, so there's a definite sea salt flavour, and the classic medicinal notes are subtle. A very approachable whisky. £35 from laphroaig.com

THE HIGHLANDS

By far the biggest region geographically, the Highland malts embrace wide and robust flavour variations. Generally heavier and drier in character compared to other regions, whiskies from here often have nutty, honey, heather or peaty notes. Distilleries near the sea also have some salty, maritime influences in their single malts.

STAR DISTILLERY ISLE OF ARRAN

The Isle of Arran Distillery is a relatively new one for Scotland, having been established just 20 years ago in 1995. Since then, it has gone on to produce a world class single malt which has won international awards – which is no mean feat – and it's also just released its first ever 18 year old single malt. The Isle of Arran has a warm microclimate, which helps

with the maturation of single malts, and streams full of pure, clear water. arranwhisky.com

TOP BOTTLE ISLE OF ARRAN 18 YEAR OLD

Flavours range from toasted almonds, brown sugar, marmalade and toffee apples, thanks to the finishing of this whisky in sherry casks. It's the distillery's most mature whisky to date. £72.99 from arranwhisky.com



SPEYSIDE

The biggest region in terms of production, half of all Scottish distilleries can be found here. Speyside single malts are noted in general for their elegance and complexity, sometimes with a refined smokiness but more often a fruitiness ranging from ripe pears to sultanas.



STAR DISTILLERY **THE MACALLAN**

One of the first distilleries to be legally licensed in the country, The Macallan is now one of the biggest selling whiskies in the world. It built its reputation by maturing its whiskies in 100% sherry oak barrels, which lend a cakey, dried fruit flavour. themacallan.com

TOP BOTTLE

The Macallan Gold

This is the first expression in the distillery's 1824 Series, which highlights the two strengths of its drams – oak sherry casks and a beautiful natural colour. It isn't aged for a certain number of years like other single malts; instead, it's bottled when the colour is right. Strong vanilla and lemony flavours run throughout. £35.83 from masterofmalt.com

LOWLAND

There are only a handful of Lowland distilleries still operating, producing softer, lighter style single malts that are traditionally known as the 'Lowland Ladies'. Whiskies from here are known for their malty, zesty flavours with slightly fruity, citrusy and sometimes floral notes.



STAR DISTILLERY **AUCHENTOSHAN**

Also known as 'Glasgow's Malt' due to the distillery's proximity to the city, Auchentoshan creates sweet, delicate drams which are distilled three times, helping to remove every single impurity in the liquid. This produces especially accessible whiskies for those who are put off by the smokier varieties. auchentoshan.com

TOP BOTTLE

Auchentoshan 12 Year Old

Aromas of toasted almonds, toffee and a very smooth finish make this a great beginner's whisky (although it's still a firm favourite with experts too). It's sweet, honey-like and very, very drinkable. £30.95 from thewhiskyexchange.com

CAMPBELTOWN

This small coastal town at the tip of the Kintyre peninsula once boasted over 30 local distilleries but now has just three. Nevertheless, they are still considered by serious malt lovers to represent a distinct region in their own right. Single malts produced here are noticeable for their briny character and some have peaty notes.



STAR DISTILLERY **Springbank**

Springbank Distillery is unique, as it's the oldest independent family owned distillery in Scotland. Founded in 1828 on the site of distiller Archibald Mitchell's illicit site, the Springbank Distillery is now in the hands of his great great grandson, Hedley G. Wright. It's the only distillery in Scotland to carry out the full production process on one site, including all of the

traditional floor malting, maturation and bottling. springbankwhisky.com

TOP BOTTLE

Springbank 10 Year Old

Peaty, earthy flavours with a nice saline finish give this dram a wonderful smoky taste. The whisky is matured in bourbon and sherry casks, which impart tropical, fruity notes and richness. £35.83 from masterofmalt.com



• THINGS YOU NEVER KNEW ABOUT... •



ENGLISH WINE

We're now competing with superpower grape fermenters like France and Italy, and British sparkling wines are taking the top prizes at international competitions. With English Wine Week (23 – 31 May) coming up, we pop the cork on this growing industry



THROUGH THE GRAPEVINE

- The Romans were the first to introduce grapevines to Britain, but there is evidence of French and Italian wines being imported and enjoyed by chieftains as far back as 1st century BC.
- The most northerly vineyard is the Yorkshire Heart Vineyard, right near York!
- Almost all English vineyards focus on growing three grape varieties – Chardonnay, Pinot Noir and Bacchus.
- It's possible to produce still whites and even reds in the UK, but the real success story is our sparkling wine. Southern England has a similar climate and soils to the Champagne region in France, and our bottles regularly beat their French counterparts at international competitions.
- 2013 was a terrible year for winemakers due to the bad weather, with big producers like Nyetimber deciding not to harvest a single grape! Last year was a huge improvement though, and it's hoped that 2015 will be just as successful.

On the Road

There are over 100 vineyards across England and Wales that are open to the public, ranging from large wineries boasting attractions such as a visitors' centre, shop, restaurant, café and in some cases even accommodation. Others provide an enjoyable day out, offering guided tours, tastings and cellar door sales – occasionally you may even be lucky enough to meet the winemaker!

You can find out more about which vineyards are open to the public by visiting englishwineproducers.com or winecellardoor.co.uk. English Wine Week takes place from 23 – 31 May this year and to celebrate, English Wine Producers will be launching a brand new map of all the vineyards in the UK, which will be available free of charge.

ENGLISH WINE THE NUMBERS

- * There are now around **470** vineyards in the UK, covering **4,500** acres
- * English vintners produce **4.5** million bottles in a good year
- * Exports are expected to pass **£100** million in 2015
- * Waitrose now stocks a staggering **82** different bottles of English (and Welsh) wine!

TOP BOTTLES

OUR FAVOURITE ENGLISH WINES



1 Toasty, buttery notes on the nose, with a lovely fruity body that goes great with fish or as an aperitif. **Upperton Vineyards Aurora, £24.50, uppertonvineyards.co.uk**



2 Pale gold, with tiny, effervescent bubbles. One of the greats. **Nyetimber Classic Cuvée, £31.99, Waitrose**

MARK HIX'S STRAWBERRY & SPARKLING WINE JELLY

Serves: 4
 Prepare: 5 minutes
 Cook: 10 minutes, plus setting time

12g leaf gelatine (4 sheets)
 700ml fine quality sparkling wine, such as Nyetimber or Chapel Down
 50g caster sugar
 120g strawberries, hulled
 Thick Jersey cream, to serve

1 Soak the gelatine leaves in a bowl of cold water for a few minutes to soften. Meanwhile, pour 200ml of the sparkling wine into a saucepan, add the sugar and bring to the boil over a medium-low heat, stirring

occasionally to encourage the sugar to dissolve. Take off the heat.
2 Squeeze the gelatine to remove the excess water, then add to the wine syrup and stir until fully dissolved. Now stir in the rest of the wine. Leave to cool until barely warm, but don't allow to set.

3 Divide half of the strawberries between individual jelly moulds or attractive Martini glasses, then carefully pour in half of the cooled jelly, ensuring the berries are evenly distributed. Place in the fridge for an hour or so until set. Keep the rest of the jelly at room temperature, making sure it does not set.

4 Once the jellies have set, arrange the rest of the strawberries on top and pour on the rest of the jelly (setting in two stages allows the

berries to stay suspended so they don't float to the surface). Return to the fridge to set.

5 To serve, briefly dip the pudding moulds, if using, in hot water, then invert onto serving plates and shake gently to turn out, or set the Martini glasses on plates. Serve with thick Jersey cream.

Recipe taken from Mark Hix: The Collection (£25, Quadrille).
Throughout the year Mark hosts an intimate cooking experience where he demonstrates and cooks a stunning array of dishes based on the best of the season's ingredients at his home or The Kitchen Library at Tramshed in Shoreditch. To find out about the next event visit hixrestaurants.co.uk



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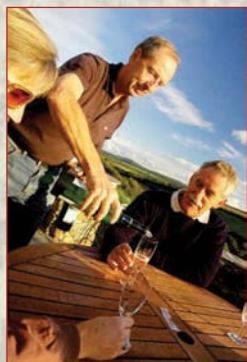
Why not visit one of the many vineyards open to the public across England and Wales and discover why English wines have won so many international awards?

Alternatively, look out for wine tastings, promotions, food and wine matchings and wine festivals in supermarkets, independent wine retailers, restaurants, pubs and hotels and of course, winery tours, tutored tastings and 'meet the winemaker' events at the vineyards themselves.

To find out what's happening in your area during

English Wine Week, visit
www.englishwineproducers.com

Images courtesy
Camel Valley, Chapel Down, Denbies.



26 - 31 MAY 2015

@englishwine
@englishwineweek



“It’s a shame wine is on a pedestal while beer is barely on a plinth!”

Wine lists are ubiquitous with dining out, yet so few restaurants offer a decent beer menu – and we’re really missing out, says resident beer writer **Sophie Atherton**



It shouldn't be a contest but I can't help feeling a bit aggrieved that wine seems to be up on a pedestal while beer is barely on a plinth.

Of course they are two different drinks and we're free to enjoy both, but as a beer sommelier I'm allowed to be biased.

One of the times it bothers me most is when I go out for a meal. Unless it's to a pub, the beer list is usually insignificant and unsuitable. By unsuitable I mean little to no thought has been given to matching the beer to the food – and beer can pair just as well, if not better.

This column wasn't meant to be a rant though – I was inspired to write it for two reasons. Firstly, this month I'm heading to the London Wine Fair. The director of this long-running trade show contacted me last year and asked me to select top notch brewers for a beer section called Brewhouse. It went down so well I've been asked back. For three days in May exhibiting brewers and I will be flying the flag for beer in the midst of wine territory. I can't wait!

The other thing that prompted me to suggest beers for wine-lovers was quaffing a glass of Moor Beer's Old Freddy Walker (7.3%) while watching a film with the family. I enjoyed the film (it was *Alien*, which I hadn't seen for years) but I was utterly absorbed by the beer. It was full-bodied and fruity – think damsons, prunes and figs – but there was also shades of chocolate and an extra tang from the hops. It was a beer to take your time with and I felt like I was unwinding with each sip.

If you're a dedicated wine drinker I want to ask you to try a few beers – in return I'll have a drop of wine. Deal? On the right are a few suggested brews which will hopefully whet your appetite. Now what wine should a dedicated beer drinker try?



THE BEERS

The grapes of quaff: Thornbridge, Derbyshire - Kipling (5.2%) Featuring Nelson Sauvin hops – reminiscent of sauvignon blanc grapes – there's a definite wine-like perfume from this brew. A bittersweet beer with a dry finish, there's a melony flavour throughout and a juicy citrus and grape aftertaste.

Roll out the barrel: Wild Beer Co, Somerset - Modus Operandi (7%) Matured in oak barrels for 90 days, this beer is fermented with wild yeast creating a cidery tang, but it's also bursting with juicy redcurrant flavours, which beg to be

paired with a rich venison dish. It pairs nicely with mature Cheddar cheese too. Fans of Italian red wine will want to note it has common ground with Montepulciano d'Abruzzo.

Lemony fizz: Thornbridge, Derbyshire - Wild Swan (3.5%) This very pale gold beer almost looks like a glass of Cava and has flavours in common with it too. It's very dry, but a soft, juicy citrus character suddenly pokes through bringing a creamy lemony flavour with it. Try this with light chicken or white fish dishes, goat's cheese salad or even a piece of Comte.

THREE O'CLOCK FIX

Rustle up the ultimate British treat with Lisa Faulkner's fuss-free afternoon tea recipes



LEMON MERINGUE SANDWICH COOKIES

Makes: 12 cookies

Prepare: 20 minutes, plus cooling time

Cook: 30 minutes

250g plain flour
100g rice flour
250g salted butter, softened
75g golden caster sugar
finely grated zest of 1 lemon
1 free-range egg yolk

For the filling:

200ml double cream
3 tbsps lemon curd
4 meringue shells, crushed

1. Sift the flours into a large bowl and make a well in the centre. Add the butter, sugar, lemon zest and egg yolk. Gradually work in the flour using your fingertips until the mixture comes together to form a soft dough. Wrap in clingfilm and chill for 30 minutes until firm. Preheat the oven to 150°C/Fan 130°C/Gas 2, and line a baking sheet with greaseproof paper.
2. Dust the work surface with a little flour and roll out the dough to a thickness of 5mm. Cut into discs with a 6cm round cutter and place on the prepared baking sheet. Refrigerate for 30 minutes until firm. Bake the biscuits for about 30 minutes until a pale golden colour, then transfer to a wire rack to cool.
3. Meanwhile, whisk the cream to soft peaks then fold through the lemon curd and crushed meringue. Spoon the mixture onto half of the biscuits then sandwich with the remaining plain biscuits.



EARL GREY TEA LOAF

Serves: 8

Prepare: 10 minutes, plus overnight soaking

Cook: 2 hours, 15 minutes

225g raisins
225g sultanas
125g dried figs, chopped
125g glacé cherries, halved
110g dried apricots, chopped
1 Earl Grey tea bag
110g light muscovado sugar
110g dark muscovado sugar
Juice and zest of 1 orange
Butter, for greasing
110g ground almonds

“My great grandma always made tea loaf, a great old-fashioned staple at the table. I love it with butter and it’s also great as a quick breakfast if you’re running out of the door! The recipe says soak the fruit overnight and really you should for the best flavour, but I have made this on the same day and as long as you soak the fruit for at least a few hours it’ll be fine!”





“These mini loaves of savoury bread and butter pudding make a fabulous teatime treat. They are very easy to make and are great served hot or cold”

1 tbsp golden syrup
2 free-range eggs, beaten
450g self-raising flour
1 tsp ground mixed spice
100ml whole milk

1. Combine the fruits in a large heatproof mixing bowl. Pour 300ml boiling water onto the tea bag and leave to brew for a minute or so. Discard the tea bag then dissolve the sugars in the hot tea, add the orange juice and zest, and pour over the fruit. Stir to combine, then cover and leave to soak overnight.
2. The next day preheat the oven to 150°C/Fan 130°C/Gas 2, and grease and line your loaf tin with greaseproof paper. Stir the ground almonds, golden syrup and beaten eggs into the soaked fruit mixture then sift in the flour and mixed spice. Stir to combine, adding the milk if the mixture seems a little stiff, then spoon into a lined 900g loaf tin.
3. Bake for 2–2 1/4 hours, or until a skewer inserted into the middle comes out clean. Transfer to a wire

rack and leave to cool completely. Cut into thick slices and serve spread with butter.

LEEK & LANCASHIRE CHEESE BREAD & BUTTER PUDDINGS

Makes: 8
Prepare: 10 minutes
Cook: 30 minutes

25g salted butter, plus extra for greasing
2 small leeks, finely sliced
1 free-range egg, plus 2 extra yolks
2 tsps mustard powder
150ml double cream
150ml whole milk
50g Lancashire cheese, grated
2 tsps chives, finely chopped, plus extra to serve
5 slices stale white bread
Sea salt and black pepper
2 slices of streaky bacon, to serve

1. Preheat the oven to 180°C/Fan 160°C/Gas 4 and grease 8 5x8cm miniature loaf tins.

2. Heat the butter in a frying pan until foaming then add the leeks and fry gently for 10 minutes until soft and caramelised. Remove from the heat and leave to cool.

3. Whisk together the egg, egg yolks, mustard powder, cream and milk until smooth. Stir in the cooled leeks, cheese and chives, and season with salt and pepper.

4. Using the bottom of the loaf tins as a guide, cut out 8 rectangles of bread. Dip them in the egg mixture then lay in the bottom of each tin. Cut the remaining bread into 1cm cubes and stir through the egg mixture.

5. Divide the mixture between the tins, place on a baking tray and cook for 15 minutes, until risen and golden brown. Remove from the oven and leave to cool slightly.

6. Meanwhile fry the bacon in a dry non-stick pan for 2–3 minutes on each side until crisp, then drain on kitchen paper. Leave to cool then finely dice. Serve the bread and butter puddings sprinkled with the bacon and chives.

MADELEINES

Makes: 10–12 madeleines

Prepare: 30 minutes
Cook: 10 minutes

2 free-range eggs
100g caster sugar
125g plain flour
1 small tsp baking powder
70g butter, melted and cooled
25ml milk

1. Preheat the oven to 200°C/Fan 180°C/Gas 6.

2. Whisk the eggs and sugar until they are light and fluffy, and the whisk leaves a ribbon pattern in the mixture when you lift it up. It needs to increase in volume by almost double. This takes about six minutes in a stand mixer on high. Lightly fold in all the other ingredients. Leave to stand for 20 minutes.

3. Brush the madeleine tray with melted butter, leave to set, then dust with a little flour, knocking out any excess. Gently spoon or pipe the madeleine batter into the moulds and bake for 8–10 minutes until lightly golden. Allow to cool in the tin for 5 minutes then turn out on to a wire rack to cool completely.

Tea & Cake with Lisa Faulkner
by Lisa Faulkner (£20, Simon & Schuster Ltd).



SHOPPING BASKET



Bring a touch of English charm to your tea party with this pretty floral cake stand. £29.99, creative-tops.com



A delicious brew that's the same blend served in Botham's of Whitby's famous tearooms.

Resolution Tea, £2.75
botham.co.uk



This pretty stoneware set is available in various patterns to suit your kitchen style.
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countrytraditionals.co.uk



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HOT POTATOES

As the climate picks up and spring seeps into summer, mountains of brown sacks transport Jersey Royal potatoes to the mainland. James Fell travels to the island to help plant the subterranean spuds



The second I set foot on the island I realised how highly regarded Jersey Royals are amongst the locals. Their faces would beam with excitement whenever I mentioned its spuds. I was told some families even make a wish before the first meal of the year for an abundance of potatoes during the next season; just one example of the enthusiasm the potato is capable of generating.

But it's not only the islanders who crave this culinary delight; around 90% of Royals are sent to the mainland (the French are much more interested in another revered Jersey delicacy, the tremendous seafood). While everyone on the island has their favourite way of cooking the potatoes, the majority agree that simplicity is key; serve them warm with a lick of creamy butter and you've got a match made in heaven.

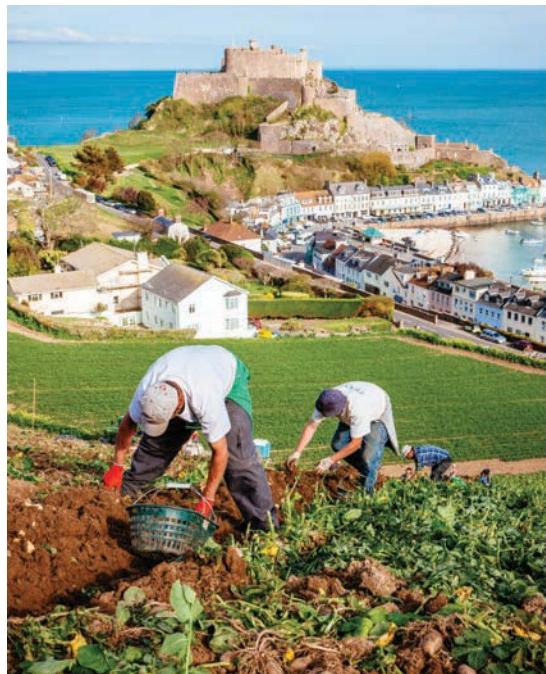
A Family of Growers

The isle of Jersey measures just 45 square miles and the potato fields make up approximately one third of the island – the equivalent to around 5,500 football pitches. However, Jersey is notoriously hilly, with rows of cōtîls (silver glistening blankets the Royals are



housed under) resting on undulations that are sometimes so steep the planters have to practically abseil to work them. "Everything we do is by hand. The potatoes are hand-graded into sizes, hand-planted and then the first crop in April is hand-picked," explains Christine Hellio, a grower at Hellio Farm. "It's a job we have to invest lots of time and passion in. Didier [another grower] and I have even been to check the cōtîls are intact at midnight. Such is the nature of owning a farm!"

"The cōtîls act as little blankets for the Royals," says Christine. "We attach insulation to them for the colder months and they protect the ground from drying out when it's sunny."



JERSEY'S FINEST

The island's top producers



LIBERATION GROUP BREWERY

Over the couple of evenings I spent in Jersey I developed a taste for Liberation Ale, the Channel Islands' award-winning golden beer. I was lucky enough to be taken on a tour of the brewery by Paul Hurley, the revered head brewer. It was amazing to learn about the continuous evolution of the brewery and its well-decorated past, with beers such as the popular Mary Ann Best quenching the thirst of many islanders through the years. However, I always found myself going back to the signature Liberation Ale – a perfectly balanced beer! liberationgroup.com



The upkeep of the soil is as important as the planting process and many believe it ultimately affects the way a Royal tastes. Didier is a firm believer of this, and with his wealth of experience and the luxurious taste of his potatoes, it's hard to argue with him. "The warm climate and the fresh sea breeze is what gives the soil its distinct feel and look," he explains. "You won't find soil as brightly brown as this in many other places! We also fertilise the fields with vraic – the seaweed which is washed up on the shores – and all of this contributes to the unique taste of the potatoes."

Witnessing the planting of the Royals is a real joy; the strategic and swift movements of the workers looks like a carefully coordinated army assault. It's no wonder that one planter can hand-lift enough potatoes in a day to feed 280 people. The soil is

"The strategic and swift movements of the workers looks like a carefully coordinated army assault"

ploughed by a tractor to soften the ground and then rows of workers instantly leap into action with crates of seed potatoes, starting from the inside of the plot and finishing around the edges of the parameter. This is all achieved in minutes – by the time I had helped to plant half a row, the professionals had almost finished their designated areas.

Driving around Jersey during the planting season was a truly wonderful experience. Not only do you get the stunning sights of the coast, but you can also watch people scaling the hills and

working in sync to produce the world's best spuds. Everything is planned with precision, whether it be the ploughs connected to a truck at the top of a steep hill, the cõtis covering every inch of ground possible to provide shelter for rows of Royals, or the vehicles with crates of potatoes driving in all directions. It's no wonder why Jersey Royal season causes such a stir amongst locals; a burning passion for produce is a trait which I never tire of learning about, and when it involves the 'Champagne of the potato world' it's easy to understand why.

JERSEY ROYAL FACTS

- The average total volume of Jersey Royals expected to be shipped between April and June this year is enough for 500g of potatoes for every person in the UK.
- Jersey Royals are the only root vegetable in the UK with a Protected Designation of Origin (PDO) Status.
- Over 150,000,000 individual Jersey Royals seed potatoes are planted from January to March – if planted in a straight line this is enough to reach around the circumference of the earth.



THE FRESH FISH COMPANY

A terrific place to spend some time on the island is the fish landing pier at Jersey harbour. It's here that Louis Jackson's Fresh Fish Company is situated, with his daily catches stocking the Fish Company Stall located a stone's throw away and run by his sister Vicky. When I visited it was great to see staff

hand-picking the meat from the crabs, which Louis assured me is how to maintain the flavour. The Fresh Fish Company supplies seafood to many of Jersey's top restaurants, as well as some in Oxford and Jersey, so demand is high. thefreshfishcompany.co.uk



CLASSIC HERD



Darren and Julia Quénault are the Island's only independent dairy farmers, producing an array of delightful milk, yoghurt, creams and award-winning cheeses at their Manor Farm shop in St Peter's Village. Darren's commitment to his work is infectious, even if he does bemoan his lack of holidays! But it's this focus and drive to create something of quality that's apparent from all of the Classic Herd produce – I particularly enjoyed the luxury La Mare Wine Estate Jersey Black Butter ice cream. classicfarmshop.com



If reading about the delights of Jersey Royals has whet your appetite, then here are some delightful recipes...

CUMIN-SPICED JERSEY ROYALS WITH MINT & CHIVE DIP

SERVES: 4

PREPARE: 15 minutes

COOK: 45 minutes

1kg Jersey Royals, scrubbed
2 tbsps rapeseed oil
1 tsp cumin seeds
Sea salt and freshly ground black pepper
1 red chilli, finely sliced

For the dip:

200g low-fat Greek-style yoghurt
2 tbsps chopped fresh mint
2 tbsps chopped fresh chives

1. Preheat the oven to 200°C/Fan 180°C/Gas 6. Boil the Jersey Royals in lightly salted water for 15 minutes until tender, then drain well.

2. Transfer the potatoes to a roasting pan and add the rapeseed oil and cumin seeds. Season with salt and pepper, then toss to coat. Roast for 25–30 minutes until golden brown.

3. While the potatoes are roasting, make the dip by mixing the yoghurt, mint and chives together. Sprinkle the chilli over the Jersey Royals, then serve immediately.



PINE NUT & PARSLEY CRUSTED SALMON WITH CRUSHED JERSEY ROYALS

SERVES: 4

PREPARE: 15 minutes

COOK: 20 minutes

1kg Jersey Royals, scrubbed
40g butter
4 spring onions, finely chopped
25g pine nuts
2 tbsps chopped fresh parsley
50g dried breadcrumbs
4 salmon fillets (about 120g each)
Finely grated zest of 1 lemon
50g rocket
Sea salt and freshly ground black pepper

1. Cook the Jersey Royals in lightly salted boiling water for 15–20

minutes, until tender. Meanwhile, melt a little of the butter in a non-stick frying pan and cook the spring onions for around 5 minutes until soft. Transfer to a bowl and combine with the pine nuts, parsley and breadcrumbs, then season.

2. Preheat the grill to a medium-high heat. Add another knob of butter to the frying pan and add the salmon fillets, cooking them on each side for 2–3 minutes. Share the pine nut mixture between the salmon, pressing it down. Grill for 1–2 minutes, until crusty.

3. Drain the Jersey Royals and return them to the saucepan. Crush each one lightly with a fork, then add the remaining butter, lemon zest and rocket. Stir gently, then serve with the salmon fillets.



CHEDDAR & JERSEY ROYAL POTATO CAKE

SERVES: 4

PREPARE: 20 minutes

COOK: 45 minutes

1kg Jersey Royals, scrubbed
20g butter

1 onion, peeled and finely sliced
200g mature Cheddar, grated
Sea salt and freshly ground
black pepper
Sprigs of rosemary, to garnish
Salad leaves, to serve

- Cook the Jersey Royals in lightly salted boiling water for 10-15 minutes, until almost tender. Drain and allow to cool.

- Meanwhile, preheat the oven to 180°C/Fan 160°C/Gas 4. Use a little butter to grease a 20cm loose-based cake tin.

- Melt the rest of the butter in a frying pan and cook the onion for about 4-5 minutes, until soft. Set aside and thinly slice the Jersey Royals.

- Arrange a layer of sliced potatoes, onion and Cheddar in the cake tin, season with black pepper and repeat the layers. Bake for 30 minutes until golden brown. Cool for 10-15 minutes, then turn out carefully and serve warm in wedges with salad leaves and sprinkled with rosemary.



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Purbeck Ice Cream

Famous for creating West Country ice cream in flavours as diverse as Dorset Wasabi and British Blueberry, Purbeck Ice Cream is our kind of producer! Co-founder Hazel Hartle gives us the full story

Like many farm-based producers, Purbeck Ice Cream was borne out of a simple need for diversification; 27 years ago Hazel, her husband Peter and their three small sons farmed 60 Friesian cows on 126 acres of lush green hillside in the heart of Dorset. But when the government started imposing milk quotas, rendering the dairy farm unviable, the duo had to think up a new plan quickly in order to pay off their mounting bills.

"Ice cream at that time was outside of quota," explains Hazel, "and eating it had always been one of our favourite pastimes, so being able to make it using our lovely milk and cream seemed like a really good idea – albeit terrifying!"

Hazel's intention from the start was to only use the best quality natural ingredients, sourced as locally as possible, and her dedication has certainly paid off. These days the company crafts a dazzling array of over 40 flavours, from traditional favourites like Clotted Cream, Vanilla Bean and Honeycomb Hash to slightly odd-sounding but very tasty varieties like Sweet Fennel, Dorset Watercress and Wasabi.

"Our ethos is to source as much of everything from as close to home as possible – whether that's ingredients, staff, clothing or training! We're so busy making ice cream we no-longer produce our own milk, so we buy it from Paul and Jo Dyer at Knaveswell Farm, which is just a few miles down the road. We get honey



from local beekeeper Robert Field, beautiful cheese from Dorset Blue Vinny and lovely fresh watercress and wasabi from The Wasabi Company in Dorchester."

"Because our ice cream is natural with a good base of 60% milk and 22% double cream, this gives us scope to add all sorts of flavours without adding all those unnecessary artificial powders and colours. I always say that if you add a sprig of mint to a pint of milk and cream, it isn't going to come out as a vibrant green colour but will be more of a gentle hue. Some ice creams look like they've had fairy liquid added – yuk!" she laughs.

Purbeck's ChilliRED has been a particular success story, winning awards and marking Purbeck as a true innovator. "On the back of ChilliRED we launched a 'spice rack' of flavours which are all good served with savoury dishes," explains Hazel. Not everything works first time, of course, so the production team works with top chefs before any new flavour is given the okay.

Purbeck Ice Cream is available from independent shops, restaurants, hotels, tourist attractions and beach-front scooping stations, as well as cruise ships and even planes.

For more information about Purbeck visit purbeckicecream.co.uk

“I want to create recipes that make the family say ‘that was so nice, let’s have it again!’”

The undisputed queen of British baking, Mary Berry takes time out of her busy schedule to talk to James Fell about inspiring a new generation of cooks, her favourite foodie destinations, and, of course, the *Great British Bake Off*

Mary Berry is probably one of the most recognisable faces on British TV today. Her calm, collected demeanor has catapulted her to national treasure status, and her sage advice is lapped up by budding bakers.

★ I really want to get children cooking. In my new television programme, *Absolute Favourites*, my grandchildren actually help me cook – they make biscuits and one of them even tries their hand at making a really complex pasta dish. All my grandchildren adore food, and they obviously enjoy everything that I cook! *Absolute Favourites* is all about family recipes; it focuses on relatively simple meals and doesn't confuse people with too many complicated ingredients. Ideally, I want to create recipes that will make the family say, "Oh, mum that was so nice, let's have it again!"

★ I like to think I was brought up properly with a balanced diet. I think nowadays people seem to eat a lot more than they should, and

they're not eating the things they should be. I want to make sure what we're having is the very best standard it can possibly be and seasonality is, of course, of the utmost importance.

★ During my early baking days I was inspired by somebody very special. When I was younger I would always take a moment to check Katie Stewart's columns to look at the latest dish she had cooked. She was the cookery editor of *The Times* and was so thorough and interesting with her cookery. Katie would make sure she cooked within the seasons; she was just so skilled and a huge inspiration to me.

★ I'm delighted to see certain supermarkets are selling knobbly vegetables. I think the sheer variety

of produce we can get nowadays is outstanding. You should see what we dig up from our garden! The carrots are all different shapes and are never, ever beautifully straight. If you grow plenty of veg in your own plot, they're certainly never going to be perfectly shaped – one side of the lettuce might be a bit limp for example – but that's just how they grow and we should respect that. It doesn't matter how they look and it most certainly doesn't affect the taste.

★ I haven't a huge amount of ambition. I will continue with the *Great British Bake Off*, which I love, and I think I've achieved what I wanted to with it. I think the show is going from strength to strength, and of course every year we receive even more entries, which means we have more talent to choose from. We're not aiming to make the standard extremely high, we just want to make it varied, interesting, and, most importantly, we want to get as many people baking as we possibly can!



Mary on...

DEVON...

I particularly enjoy visiting Salcombe as I'm a huge fan of seafood. I'll always make sure to treat myself to some scallops or Dover sole when I'm there.

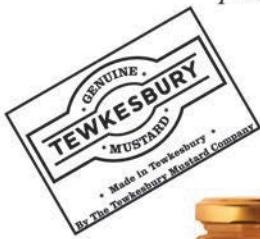
FAMILY FAVOURITES...

My whole family simply love fish cakes. I always make a batch and store them in the freezer. I'll make enough for my husband and myself, and our son will usually have double the fish cakes we eat!

PET PEEVES...

I'm not a fan of coconut and I really don't like caraway seed, however if someone bakes a cake with those ingredients for the *Great British Bake Off* it doesn't influence me when I'm judging!

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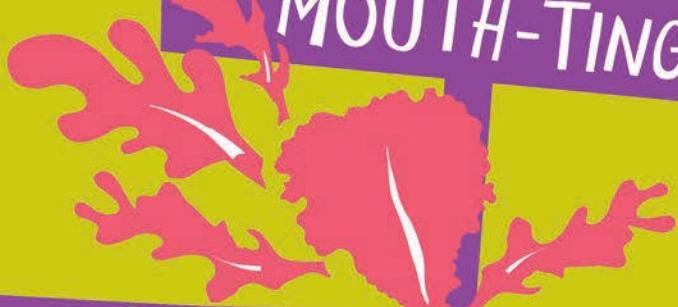
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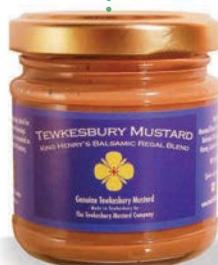
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DAY IN THE LIFE... of a Master Curer

Colin Woodall has eight generations of charcuterie making to fall back on, but all that salt, smoke and time hasn't put him off – it's just made the ham, salami and pancetta so much better

The nature of my business means no working day is the same. One day I'm making sure our hams are drying correctly, the next I might be talking to chefs about how British charcuterie can enhance their menus, or I could be working on a market stand talking about our products to hungry customers. Chatting to people and getting their feedback on our range is the greatest part of my job – not surprisingly, admin is my least favourite!

There are three stages to our process; curing, smoking and air drying. The length of each one varies and need to be managed carefully so we get the best results every single time. My main priority is to make sure our hams are matured with tender

loving care and taste beautiful every time.

We still use the same recipes from as far back as 1828, but now have much more control over things like temperature and humidity, which helps us with consistency.

It might sound strange but at the moment we're thinking about getting geared up for Christmas! We also try and get people to taste our products in the run up to summer as charcuterie is perfect for al fresco dining, picnics and sharing platters.

It's terrific to see British charcuterie increasing in popularity – if you go to any local market you're bound to see someone selling British salami and other air dried meats. We're now much more used it with eating things like chorizo and Parma ham, which helps our business a lot.

All of our recipes are British through and through, which really sets us apart. We use British pork and techniques; we are not making continental charcuterie in Britain, we are making British charcuterie in Britain. Our Royale Ham, for example, is brined in Timothy Taylor's Landlord ale – that's definitely not something you would find in mainland Europe!

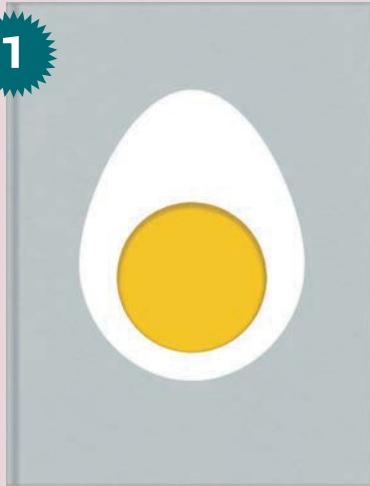
In our range we've got of three air dried hams, a salami and smoked pancetta, as well as bacon and Cumberland sausage. Every product has unique flavours and a different story attached to it. I don't really come up with new recipes, but instead adapt traditional products to a more modern environment – it's hugely satisfying work.”

woodallscharcuterie.com

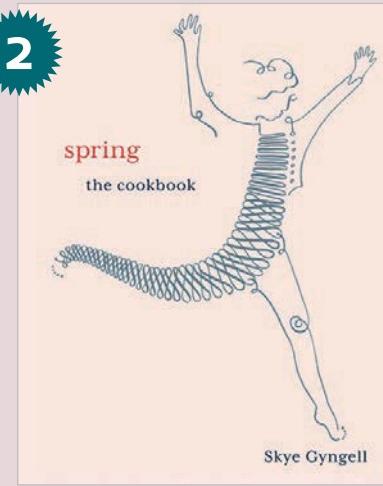
Off the PAGE

Get inspired with our round-up of the month's most tempting reads

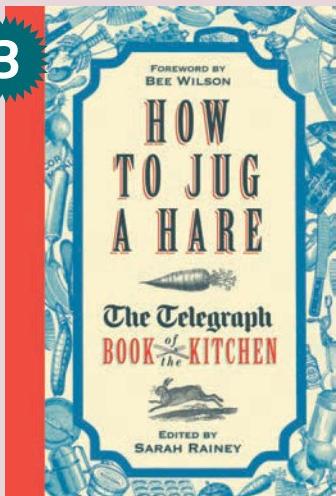
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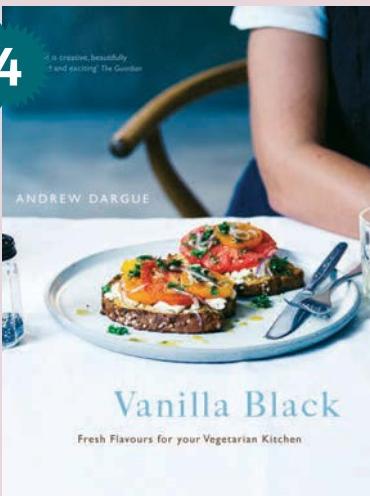
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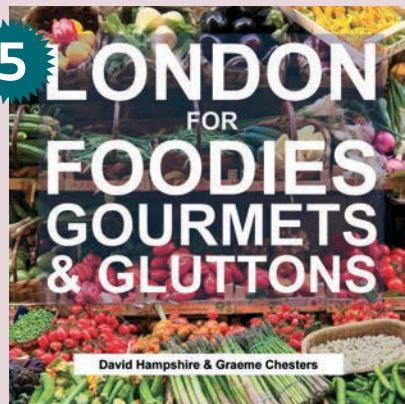
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4



5



1 Egg by Blanche Vaughan (£20, Weidenfeld & Nicolson)

An egg is a kitchen staple that suits just about any meal, and this cookbook shows just how versatile it can be. The art-deco design of the book mirrors the imaginative recipes within, resulting in an informative and visually stunning read. It was about time somebody championed the egg; Blanche Vaughan has done just that!

Out now

2 Spring by Skye Gyngell (£25, Quadrille)

A book that goes beyond being a collection of gorgeous recipes, *Spring* chronicles the journey of the opening of Somerset House's new restaurant run by seasonal food champion Skye Gyngell. Giving insight into details such as why the staff uniforms are designed in a particular way, this book neatly presents the evolution of recipes originating in Skye's home kitchen. Recipes are incredibly varied and stretch from Pappardalle with

Oxtail Ragu to Candied Blood Orange with White Chocolate Nougat.

Out 21st May

3 How to Jug a Hare by Sarah Rainey (£18.99, Aurum Press)

The opening of the Savoy in 1889, with Auguste Escoffier helming its kitchen, rang in the new era of the celebrity chef. Our pursuit of gastronomy has been on the rise ever since, and luckily *The Telegraph* has been there along the way to document it. This book is a goldmine for anyone who's fascinated by the history of food for the past 160 years. It's neatly bound together with a gorgeous cover and would be the perfect gift for a food-loving bookworm.

Out now

4 Vanilla Black by Andrew Dargue (£25, Salyard)

The popular vegetarian London eatery of the same name has garnered attention from veg lovers and carnivores alike due to its highly creative dishes. This classy

book assembles recipes where flavour is paramount, with classics focusing on ingredients like Jerusalem artichokes to the more bizarre, such as Parsnip Cake with Horlicks Frosting. A surprising and inventive read from the first page to the very last, *Vanilla Black* will make your culinary imagination run wild.

Out 7th May

5 London for Foodies, Gourmets and Gluttons by David Hampshire and Graeme Chesters (£12.99, Survival Books)

A great source of inspiration for anybody visiting London who tends to always have food on the brain! Far from being a simple directory of restaurants and pubs, this book also provides handy information about artisan producers and the best cookery schools in the area. With a copy of this under your arm, hop on a red bus and explore London to the fullest by visiting the foodie hotspots that make the city one of the best in the world.

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SIX REASONS TO USE RAPESEED OIL

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1 IT'S BRITISH!

"Imported oils not only travel hundreds of miles to arrive on your plate, they are higher in saturated fat. Our award-winning oil is a great example of a 100% British grown, pressed and bottled cooking essential. Support British farmers and give it a try."

Anthony Froggatt, farmer and managing director at Just Oil

2 IT'S GREAT FOR BAKING

"Using cold pressed rapeseed oil in your baking produces surprising results as well as being a great way to reduce the saturated fat content in cakes. The subtle nutty flavour complements carrot cake and chocolate brownies brilliantly. But it works just as well to create traditional light sponges such as lemon cake."

Kelly Castelete, marketing manager at Farrington's

3 IT'S VERSATILE

"Just imagine – twice as many roast potatoes for half your normal saturated fat, crispy bottoms on your Yorkshires, low calorie dressings on your salads and a high smoke point, so no burnt oil. Not to mention cakes that are moist and low in saturated fat. It's the perfect oil to

use! Plus, it's all harvested and pressed without chemicals."

Sallyann Kilby, director at Wharfe Valley

4 IT MAKES PERFECT SAUCES AND DRESSINGS

"Most of the cold pressed rapeseed oil produced in the UK is of a high quality, with good provenance, and because of that it works well in dressings, mayonnaise and sauces, offering a base oil that is rich in flavour, golden, and healthy, really adding something special. Infused oils are also an easy option to add other ingredients and more taste, at the same time, more conveniently."

Lynn Mann, co-owner of Supernature

5 IT TASTES DELICIOUS

"Each bottle of our oil starts its journey to your plate from the rich and beautiful land of Perthshire in the heart of Scotland. The soil, the water, the weather and the attention to detail we provide ensures that each drop of oil has a nutty flavour with a hint of asparagus and creamy feel on the palate."

Mark Bush, managing director of Summer Harvest

6 IT'S FULL OF GOOD FATS

"Rapeseed oil can be used as a healthier replacement for butter or olive oil. It's very versatile and can be used for a whole range of savoury dishes and sweet treats. It's high in the 'good' mono and polyunsaturated fats and has half the saturated fat of olive oil making it a great choice for those watching their cholesterol. I wouldn't be without it in my kitchen."

Kenny Atkinson, chef and ambassador for Borderfields



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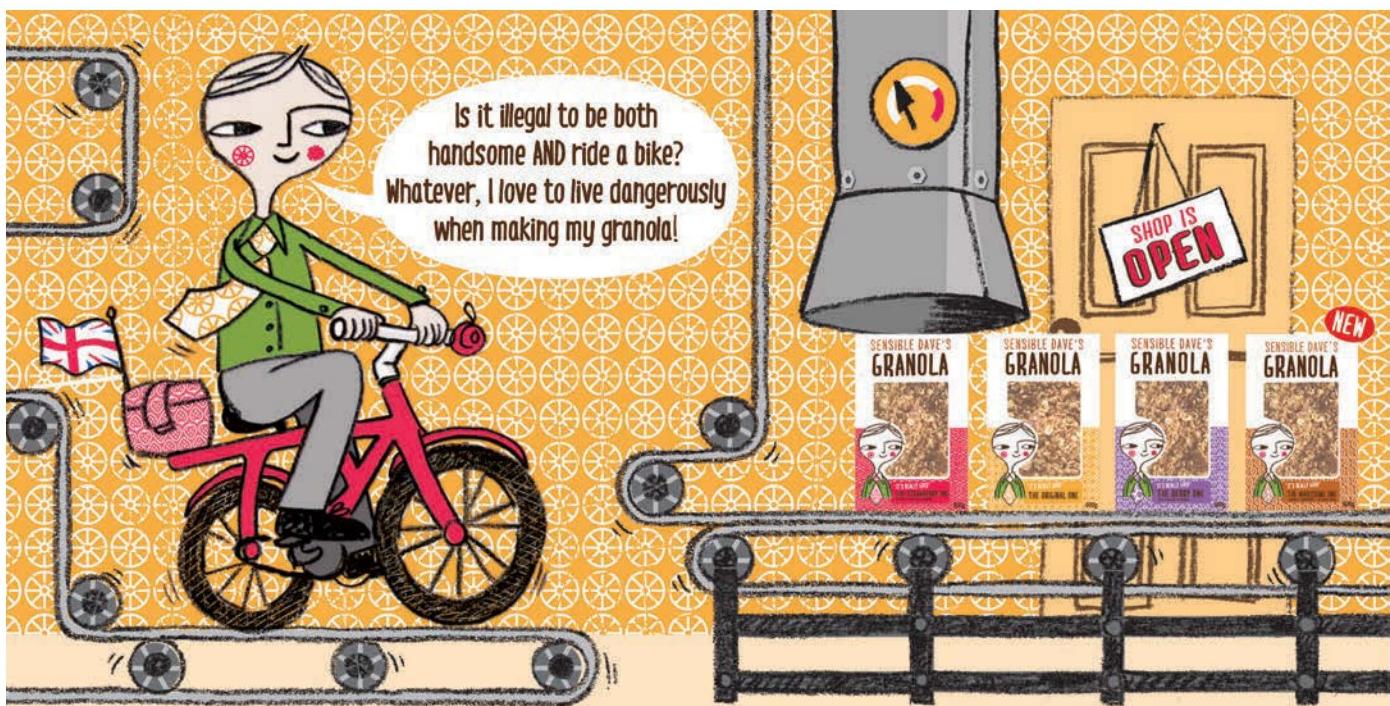
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May

Jimmy's Farm

Diary

GBF columnist **Jimmy Doherty** keeps us up to date with the goings on at his famous farm

It's May and summer is starting to appear all over the farm. The butterfly house is hotting up as the tropical plants start reaching for the roof and the butterflies begin breeding and enjoying the warmer climate. The pigs are starting to bathe in the light of longer days and we all start to feel our bones relax. Saying that, the busy season is about to begin on our little farm.

Young at Heart

Weddings, parties, events, holidays and general chaos are to ensue. It's when the farm bursts into life and visitors come and enjoy their own rural adventures. Encouraging children and adults alike to explore and create is a big part of what we do here on the farm; families love to have a go at den building, go on treasure hunts, try fishing and look out for wildlife. Our Farm Park allows for all sorts of exploration and adventure – you can even get lost in the woodland if you like! The natural world offers an all important part in the growth and development of young people and helps to create the best bonds between family and friends. Dads get very competitive making the biggest and best dens as the kids charge around like loonies collecting wood and leaves.

We're working closely with various organisations to get young people back into the agricultural and rural sector. EDGE is a great organisation that helps place students into apprenticeships nationwide from agriculture to horticulture. We've teamed up with them to create an educational hub here at the farm. Schools

can visit and learn not only about how our food is produced but also how pupils might be able to get



involved in the industry as a career. I always maintain that agriculture is the cornerstone of civilisation and if we can inspire young people to get involved we're ensuring a strong backbone for our country and future.

Farm Life

The gardens are starting to produce in abundance for the farm restaurant. Chef Jon Gay is regularly caught picking herbs and sneaking off into the woodland for some foraging. Wild garlic is everywhere in April and he used to come back smelling to high heaven! He'll kill me for saying that but I'm pleased the customers can enjoy a taste of foraged, local produce – it's the ultimate in zero food miles!

The working farm is going from strength to strength as the price of pig feed comes down and we can start on our breeding programme again. Piglets are in abundance as are our fast growing lambs. Aaron, our breeding Red Poll bull is getting busy too – much to his delight – and we await to meet the fruits of his labour! All this means the butchery is well stocked with the very best of our farm produce.

The new businesses are bringing further customers and life to the farm. I feel like we're becoming a little community of 'rural-ites' who offer visitors the very best in local and regional produce. A village of opportunities I like to think!

Here's to May and the promise of a good harvest and a sparkling summer. Can't wait to see you all here!



BLOOMING MARVELLOUS

The heady aroma of foraged elderflower is one of late spring's most delicious treats, and turning the tiny flowers into a cordial is the easiest way to preserve to flavour for use in all kinds of dishes. Of course, you can also buy it too!

ELDERFLOWER, ORANGE & PASSION FRUIT LAYER CAKE

Serves: 8

Prepare: 30 minutes, plus cooling time

Cook: 2 hours, 30 minutes

For the cake:

2 small sweet oranges (total weight around 300g)
3 tbsps Belvoir Elderflower Cordial, or homemade
300g caster sugar
4 large free-range eggs
250g unsalted butter, cubed, plus more for greasing the tins
150g plain flour
1 ½ tsps baking powder
½ tsp fine salt
150g ground almonds

For the syrup:

3 tbsps Belvoir Elderflower Cordial, or homemade
1 tbsp caster sugar

For the elderflower cream:

1 x 250g tub mascarpone
1 x 200ml tub full fat crème fraîche
½ tsp vanilla extract
7-8 tbsps Belvoir Elderflower Cordial
1 tbsp caster sugar
3-4 passion fruit

Small selection of fresh edible flowers (ensure dry and pesticide free)

1. Place the whole, washed and unpeeled oranges in a pan and cover with cold water. Bring to the boil and simmer gently for about 2 hours – until they are completely soft. You may need to occasionally top up the water level.
2. Drain, cool and remove the stalks, cut in half and remove any seeds. In a food processor, blitz to a purée adding the elderflower cordial. A much quicker method is to prick the oranges all over with the point or a skewer and microwave for 8-10 minutes until completely soft.
3. Preheat the oven to 190°C/Fan 170°C/Gas 5. Lightly butter 2 x 20cm round tins and line the bases with baking parchment. Melt the butter in a small pan (or in the microwave) and set aside to cool. Sift the flour, baking powder and salt into a bowl, tip in the ground almonds and set aside.
4. In an electric mixer using the whisk attachment, or a large bowl and electric whisk, beat the eggs and sugar until they become pale, fluffy and thickened (about 5 minutes). Using a large spoon or spatula, gently fold in the cooled

melted butter, the flour mixture and the orange pulp. Divide between the 2 prepared tins and bake for about 25-30 minutes, or until a skewer comes out clean or it springs back to the touch.

5. Meanwhile make the syrup by mixing the cordial and sugar together in a little bowl. As soon as the cakes come out of the oven prick all over with a cocktail stick and pour syrup evenly over the cakes. Leave to cool in their tins.

6. When ready to assemble, simply split each cake in half horizontally. Soften the mascarpone in a bowl by mixing it and then stir in the crème fraîche. Gradually add the vanilla, elderflower cordial and caster sugar, mixing all the time.

7. Cut the passion fruit in half and scoop out the pulp into a small bowl. Place one of the 4 layers of cake onto a cake stand or serving plate. Spread with a quarter of the elderflower cream and a spoonful or so of the passion fruit. Top with the second layer of cake and repeat until you have 4 layers of cake. Spread the remaining cream and passion fruit over the top of the cake and decorate with edible flowers. The cake can be assembled and stored in the fridge for a few hours before serving if necessary.

HOMEMADE ELDERFLOWER CORDIAL

Makes: roughly 2 x 500ml bottles
Prepare: 10 minutes, 24 hours steeping time

25-30 largish elderflower heads, from a wild clean place
1kg granulated sugar
25g tartaric acid
1 long peeled strip of unwaxed lemon
Fine kitchen muslin

“Perfect for spring and summer entertaining with afternoon tea or as a special dessert. This cake is very moist and keeps well if baked a day or two in advance. Simply whip up the icing and assemble just before serving”



TOP TIPS FOR PICKING THE BEST ELDERFLOWERS:

- Pick them on a nice dry day; rain does them no favours when transporting them home.
- Pick early in the morning when their scent is much stronger.
- Older 'turning' elderflowers are to be avoided as they take on a rather unpleasant bleach like smell – therefore make your cordial at the beginning of the season, in late May and June.
- Don't pick elderflowers near busy roads; it's not so much about getting run over but more to do with the fumes.
- When making your cordial don't use boiling water, it will scold the flowers and destroy a lot of the taste. Only heat the water to around 80°C as you would for some fine teas.





1. Snap off any particularly thick stalks connected to the flower heads, leaving just the slim stems holding each blossom. Put the flower heads in a large preserving pan or bowl and sprinkle over the sugar and tartaric acid.
2. Peel the lemon rind and add to a pan with all the lemon juice. Add 750ml of nearly simmering water and stir gently but well. Cover loosely with a tea towel and leave to stand in a cool place for 24 hours, stirring every now and then.
3. The sugar should completely dissolve and the syrupy cordial will become infused with the flavours of elderflowers. Strain the contents of the pan through a muslin-lined colander into a clean bowl. Decant, seal and store in sterilised bottles.

ELDERFLOWER SYLLABUB WITH SHORTBREAD

Serves: 6
Prepare: 20 minutes, plus chilling time
Cook: 10 minutes

For the syllabub:
 Zest of 1 lemon
 4 tbsps sweet sherry
 2 tbsps Belvoir elderflower cordial, or homemade



Juice of 1 lemon
 1 heaped tbsp caster sugar
 300ml double cream

For the shortbread:
 225g plain flour
 75g corn flour
 200g butter, straight from the fridge, cut into cubes
 100g caster sugar
 ½ tsp vanilla extract
 A pinch of salt
 Extra sugar and flour for dusting

1. For the syllabub, mix the lemon zest and juice, sherry, cordial and

sugar together in a bowl. Mix well and pour in the cream. Using a hand-held whisk, whisk into soft peaks. Spoon into a serving dish or individual glasses and chill for an hour.

- 2.** Preheat oven to 180°C/Fan 160°C/Gas 4. Cover a large baking sheet with baking parchment and cut to size. You could use a little butter rubbed on to the sheet to get the parchment to stay in place.
- 3.** Sift the flours together and put into a food processor with the butter, sugar, vanilla and salt. Blitz until it is well mixed, looks like breadcrumbs or begins to clump. Turn out onto the work surface and work into a ball. Divide into 4 and dust the work surface with a little flour. Roll out each piece of dough to a thickness of a pound coin or a little thinner.
- 4.** Cut with a heart-shaped cookie cutter if you have one, or an upturned glass and place on the baking sheet. Place on the middle rung of the oven and bake for 10 minutes. Leave in the tin to cool and dust with caster sugar. Serve alongside the syllabub.

ELDERFLOWER MARTINI

Serves: 1
Prepare: 5 minutes, plus chilling time

For the cocktail:
 50ml gin
 10ml French dry white vermouth
 2 dashes peach bitters
 10ml Belvoir Elderflower Cordial, or homemade

To serve:
 Ice
 Half stick of lemon grass, base trimmed, any dried-out outer leaves removed, halved lengthways

- 1** Place a martini glass in the fridge or freezer to chill. Pour all of the ingredients into a cocktail shaker or mixer glass and fill with ice to ¾ full.
- 2** If serving with the lemongrass, trim it so that when resting in the martini glass it extends 1–1.5cm above the rim. Stir the alcohol with the lemongrass rapidly for about 30 seconds, then strain into the Martini glass leaving the ice behind. Serve with or without the lemongrass stick to garnish.

Recipes courtesy of
belvoirfruitfarms.co.uk



“This is inspired by a classic martini, but with a few fruity twists. It’s very adaptable too - why not top the glass up with English sparkling wine?”



DONALD RUSSELL

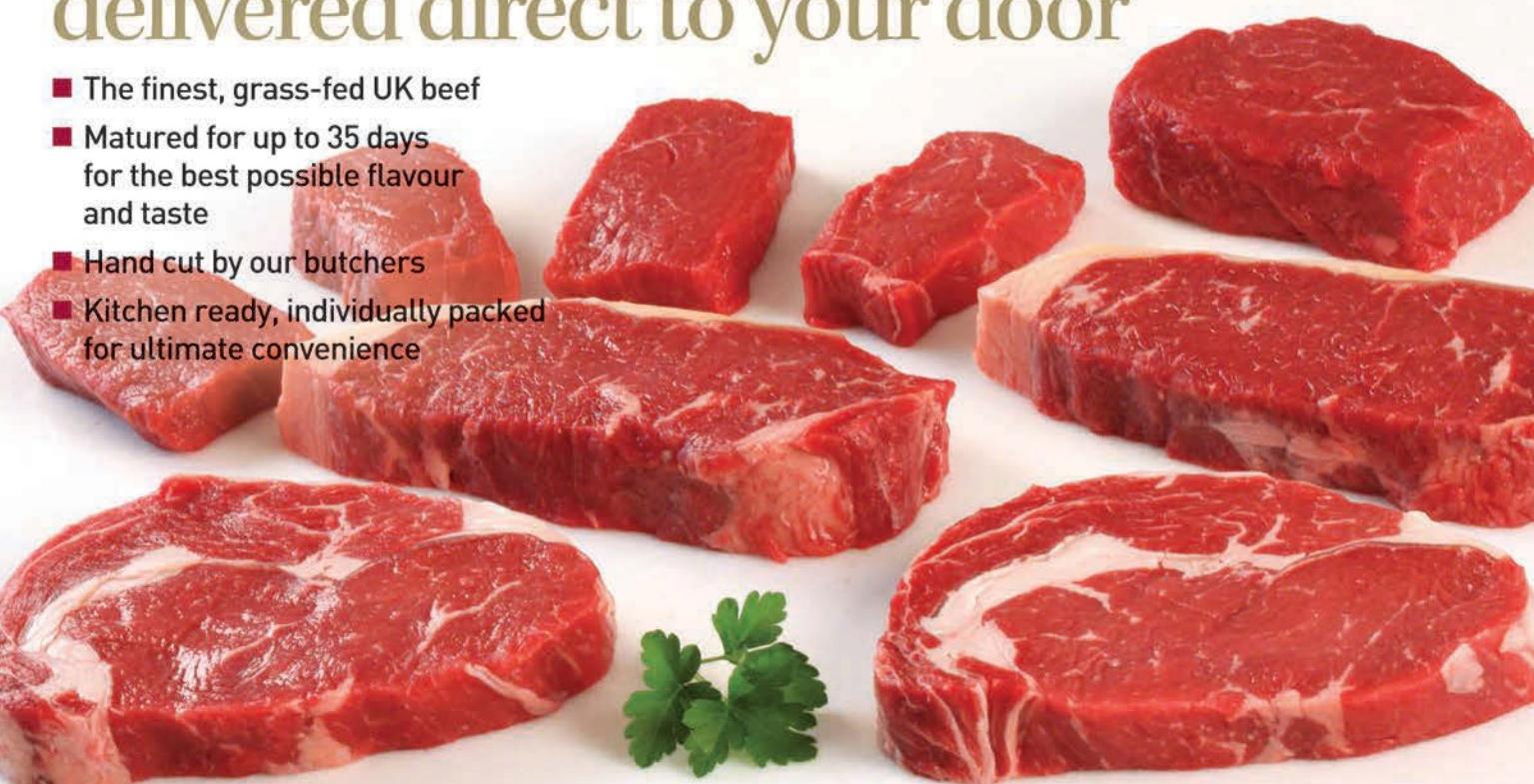
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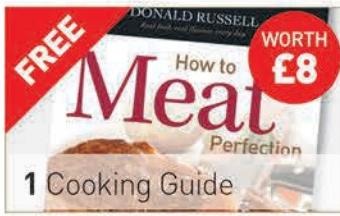


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SPOTLIGHT ON... Dewlay

Creating cheese with distinction is something that runs through the blood of brothers Nick and Richard Kenyon. With Dewlay (the name derives from Du Lait, which is French for 'of milk') being the source of the family's livelihood and passion for three generations, the duo have had the best education in cheese possible. Established in 1957 by George Kenyon in Garstang, Lancashire, after receiving £2,000 compensation from a motorcycle accident, the Dewlay team still uses the same traditional techniques, but in a state-of-the-art dairy.

What's unique about Dewlay is the team's loyalty to traditional values, while simultaneously keeping a watchful eye on the future. The brothers built a wind turbine at the dairy in 2010, making them the first large UK cheesemakers to power their premises solely through wind energy. The turbine helps the company save around 3,000 tonnes of carbon a year and is securing its future sustainability.

It's been this passion for quality and thinking outside of the box that's propelled Dewlay to become one of the most well-known cheese producers in Britain. "Lancashire cheese is proving more and more



Meet the people behind the Lancashire creamery and find out what makes their cheese award-winning

popular with people who want a versatile, delicious cheese," says commercial director Conor Daunt. "It has a reputation for being one of the world's best melting cheeses and one with a genuine heritage, that goes back through countless generations of cheesemakers.

"We now have the much sought after PDO accreditation for our Beacon Fell Traditional Lancashire Cheese, or what's known more commonly as Traditional Creamy Lancashire. As food provenance becomes more important, people are starting to take notice of these special accreditations."

There are three different varieties of Lancashire cheese – Creamy, Crumbly and Tasty. Creamy Lancashire is traditionally made and matured between four and 12 weeks. It's widely regarded as one of the best toasting cheeses, as it doesn't turn stringy when melted. Tasty is made in the same way, but matured for longer, which gives it a nuttier and slightly tangy taste. Crumbly is different from the other

two. It's a more modern, fresh cheese, hence its bright white colour and zesty taste – making it amazing for crumbling over a salad.

Dewlay prides itself on its ability to adapt with the times and is always encouraging cheese-loving visitors to come and experience the process for themselves. It opened its facility up to the public in 2012 and is one of a handful of dairies where you can witness cheese being made from a brand new purpose-built viewing gallery.

Conor's enthusiasm for the public coming to witness the development of Dewlay is infectious; the company now produces things like cheese wedding cakes, and is eager for people to come and see them first hand.

Dewlay Lancashire cheese can be purchased all over the UK, and now can be enjoyed in Europe, Canada, South Africa, USA, Australia and New Zealand. For more information visit dewlay.com

YOU CAN ALSO VOTE ONLINE! [VISIT GREATBRITISHFOODMAGAZINE.COM/AWARDS](http://GREATBRITISHFOODMAGAZINE.COM/AWARDS)



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Nominate your British foodie favourites and enter our draw to win one of ten state-of-the-art pieces of kitchen kit

Great British Food's Farm Produce Awards are coming and we want you to get involved! The awards were launched last year to celebrate the country's finest home-grown ingredients, as well as the hard-working folk who produce it – and this year's will be the biggest and best to date! We've expanded the categories and introduced even more opportunities, so every aspect of British food is covered.

We're asking YOU to vote for your favourite producers, food sellers and services, and in return you'll automatically be entered into our fabulous prize draw to win 1 of 10 top-of-the-range Stellar pans worth £110 each.

Voting is open until June 7th and the winners will be announced in our September issue.

You can vote for your favourites online at greatbritishfoodmagazine.com/awards or fill in the form on the opposite page. Make sure your voice is counted!

You can also vote online at greatbritishfoodmagazine.com/awards



— THE PRIZE —

We think a good set of pans is probably the most important thing a good cook can splash out on – it's a great investment that will last for many years to come. Cookware expert Stellar has taken a fresh approach with its new Tate collection, resulting in an innovative cookware range that's extra safe, easy to store and stylish to boot.

Most interestingly, the casseroles and saucepans have a unique, perfectly flat lid, enabling pans to easily stack on top of each other. It's also

transparent, so leaves a clear field of vision for you to see how your food is looking without lifting the lid. Draining is also safer and easier as the special design has a handle that locks to the main pan handle; this, combined with the pouring lips, allows liquids to be safely poured away with just one hand.

To be in with the chance of winning 1 of 10 22cm casseroles, simply fill in the form opposite or vote online at greatbritishfoodmagazine.com/awards

Voting Form

To be in with a chance of winning an amazing prize, tick for your favourite in each category, or if your favourite isn't listed, tick the 'other' box and write in the names of your favourite.

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THE Ultimate Guide to

* CURING & SMOKING

Whether you're sprinkling salt on salmon or hanging bacon over beechwood, these age-old techniques can be applied to almost any ingredient – with delicious results. Read on to find out how you can easily do it at home and discover the best smokehouses in the UK



Welcome...



Removing the moisture from a piece of fish then covering it in a thick cloud of smoke might sound a little counter-intuitive to someone looking for the very best in flavour. But in practice, it makes

one of the most amazing foods known to the world – smoked salmon. The processes are also responsible for bacon, countless varieties of charcuterie, pastrami, ham, smoked Cheddar... I could go on!

It seems like an incredibly complicated thing to do yourself, but it really isn't – after all, it's one of the oldest forms of cooking, and hasn't really changed much after thousands of years. The hardest thing to do is be patient – when I first cured and smoked a piece of bacon, I was constantly opening the chamber, prodding and poking the meat, which meant it ended up a little undersmoked (although still completely delicious).

The following pages will shed some light on how the professionals do things; demystify some of the technical jargon and show you how to get started at home. It's cheap, immensely satisfying, and means you can tinker with the flavours. My bespoke bacon cure is absolutely packed with fennel seeds and juniper berries – you can't get that in the shops!

Tom Shingler,
DEPUTY EDITOR

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Everything you need to start curing at home

123 Salt, Sugar, Fire

Our pick of the best smoking kit and ready-to-eat delicacies



BLOWING SMOKE

Top tips, how-tos and interviews about curing and smoking the very best produce

SMOKING UNITS – A GUIDE

There are many different types of smokers available in a wide range of sizes and prices. Deciding what you intend to smoke is the simplest way of choosing a smoker that is best for you and your needs. If, for instance, you only want to hot smoke small items, then a small stove top smoker will be adequate. If you would like to smoke whole legs of ham then you may want to consider making a smoker from a wine barrel. For most situations in between, there are smokers available from the shops.

STOVE TOP HOT SMOKERS

Stove top smokers are perfect for small items and the easiest way to start smoking food. They're usually used to hot smoke fish with excellent results. To prepare your stove top smoker, place the fine smoking chips or sawdust in the base of the tray, then place the tray on the hob. Start with a high heat until smoke is created and then turn down to low, allowing the sawdust or chips to smoulder and smoke without catching fire. Add whatever you want smoked onto the rack and cover. You will need to change the sawdust every 20–30 minutes as it will usually only smoke for this length of time.

After the smoking process is complete, remove the tray from the heat and allow it to stand for a few minutes before removing the foil and enjoying the results. Remember to be careful when removing the foil as this can set off your smoke alarm if you are indoors!

COLD SMOKING UNITS

There are now smoking units that can do both hot and cold smoking or just cold smoking. One of the simplest and cheapest cold smoking units consists of a stainless steel cylinder in which smoke is generated and then blown by an aquarium pump through a protruding tube inserted into a smoking chamber. These can be attached to most chambers such as a wooden wine barrel, a barbecue with a lid, or any type of chamber suitable for holding smoke for a longer period of time. Or, you could have the heat source outside the smoking chamber and flow the smoke through a pipe into the chamber. If the distance between the two is great enough for the smoke to lose its heat, this can be a very effective form of cold smoking and allows the product to be smoked for a long time without heating the chamber.

WHICH WOOD?

FRUIT WOODS – sweet, light; pleasant by themselves or can be blended

HICKORY – strong; good by itself or blended with other woods

MANUKA (TEA TREE) – strong; heavy; needs to be blended

OAK – strong but not overpowering; good by itself or with maple

MESQUITE – very strong; good for blending

MAPLE – sweet, good stand-alone wood

WALNUT – strong, best blended with lighter woods





FOR THE LOVE OF PEAT

CHRISTOPHER WEST OF THE HEBRIDEAN SMOKEHOUSE, BASED ON THE ISLE OF NORTH UIST, TALKS US THROUGH THE MOST IMPORTANT ASPECTS OF SMOKING SALMON

CHOOSING THE SALMON

"Wild spring fish are always the best, but because of dwindling stocks and a greater awareness of sustainability, these days pretty much all smokehouses use excellent Scottish farmed salmon. For smoking it is important to pick smaller salmon – big, industrial producers making something on a budget pick the big specimens (around 6kgs or more), which are much more oily and have thick bands of white fat. Smaller fish can be the same age as their bigger brothers and sisters, but we find them firmer fleshed and less oily. For once, bigger is not better."

WORK WITH YOUR HANDS

"You can get machines that gut, fillet and remove bones for you, but experience has taught us that such

machinery can damage the fillets and makes slicing the final product very difficult. We like to produce good intact slices from the smoked fillets, free of splits and marks – so for us, traditional knife skills are the way to go. After all, it seems a great shame for the farmer to spend up to three years carefully rearing a perfect Atlantic salmon only to spoil the final product in the name of cost saving."

THE SMOKING

"We keep our recipe simple – all that goes into the fish is smoke and salt. A lot of other smokehouses use sugar and all sorts of other spices and flavourings, which is fine, but we've never included it in our cure and don't plan to. We smoke with peat, which can be quite overpowering, so the process



is gentle and based on years of experience in selecting the right peat from the moorlands of North Uist. We also smoke with other fuels including beech (a favourite in Europe) and oak from barrels that once contained malt whisky on Speyside. Both of these are more traditional but no less delicious."

WHAT TO LOOK FOR IN THE SHOPS

"Take a pack off the shelf and look for 'free oil' – this is orange coloured oil that has come out of the slices in the vacuum bag. This is a clear sign that the original fish was quite fatty – something you don't want. Buy the one that looks the least oily, has an even colour and fairly narrow white bands of fat – you need some fat for it to taste good but too much and it will feel greasy and soft."

hebrideansmokehouse.com



RED HERRINGS

GLEN WESTON of Cley Smokehouse shows us a few of the ways you can cure a herring

HERRINGS OR SILVER DARLINGS

have, through the centuries, taken on many guises, especially in cured form. At Cley Smokehouse we predominantly sell kippers, bloaters, buckling, red herring and sweet pickled herring.

KIPPERS are thought to have originated from Holland and are split down the back before being cold smoked.

BLOATERS are whole cold-smoked herring – Great Yarmouth was once famous for them. They're quite subtly smoked and a bit gamey.

BUCKLING are hot-smoked herring, and have a roast flavour. The roe is kept intact, too.

RED HERRINGS are dry salted whole for two weeks and smoked for three weeks, which is quite extreme compared to the others! But they're great sliced very thinly in a salad. They have a reddish gold colour, hence the name.

SWEET PICKLED HERRINGS are unsmoked, filleted herring which are brined for 24 hours then transferred into pickling vinegar.

cleysmokehouse.com



EXPERT EDGE

Want to learn from the experts? Then we recommend attending a charcuterie course with the award-winning Native Breeds at Kate Humble's working farm in Monmouthshire. Learn to butcher pork, make sausages and cure bacon in the Piglet to Plate class, or capture the taste of the Med and make chorizo, salcicce fresco and pancetta in Southern European Charcuterie. Celebrate 'nose to tail' eating in French Charcuterie with pate, duck magret and black pudding, or if you're looking for something closer to home, discover the appeal of wild meat with the earthy aromas and seasonal recipes in Game Charcuterie. humblebynature.com

"Curing fish involves preserving the fish by sucking out all the moisture with salt. Smoking is done after curing, and seals the outside even further"

HOW TO... COLD SMOKE SALMON

THERE ARE A NUMBER OF WAYS YOU CAN PREPARE SALMON FOR COLD SMOKING. THIS 'DRY' METHOD HELPS DRAW OUT A LOT OF WATER IN THE CURING PROCESS AND THE FINAL PRODUCT ISN'T TOO SALTY. TO INCORPORATE MORE COMPLEX TASTES, TRY ADDING DIFFERENT INGREDIENTS INTO THE SALT AND SUGAR MIX BEFORE CURING THE FISH. THE FOLLOWING RECIPE CAN ALSO BE USED FOR TROUT AND OTHER OILY FISH.





Prepare: 10 minutes
Cook: 3-6 hours, plus 72 hours curing time

100g salt
200g sugar
Lemon zest, fresh herbs or spices, or various peppers
1kg side fresh salmon, deboned, skin on
Enough wood chips or pellets for a 3-6 hour smoke

1. Mix the salt and sugar, along with any other ingredients you are using, together in a small bowl.
2. Arrange a large sheet of aluminium foil on a clean work surface and evenly spread half the salt and sugar mix on it, roughly in the shape of the fillet. Place the salmon fillet skin side down on the salt and sugar and top evenly with the remaining mix. Wrap up tightly and place in a deep-sided tray. Store the wrapped fish in the refrigerator for up to 48 hours, turning the salmon after 24 hours.
3. Remove the fillet from the foil and wash off any salt mix under cold running water. Pat dry with paper towels and leave overnight, uncovered, in the refrigerator to dry.
4. Once the smoker is producing smoke, place the cured salmon fillet on a rack in the smoking chamber and cold smoke for 3-6 hours, depending on how much smoke flavour you want. Make sure the chamber temperature remains under 20°C for the entire time.
5. It's now ready to eat, although it will mellow if you leave it uncovered overnight in the refrigerator. Store in an airtight container for up to 8 days.



Prepare: 30 minutes
Cook: 2-3 hours, plus 6 days' brining time

For the brine:

6 tbsps honey
12 tbsps brown sugar
6 tbsps coriander seeds
300g salt
6 tbsps pink curing salt
6 tbsps black peppercorns
6 tbsps pickling spice

1. For the brine, place all the ingredients in a large pan with 6 litres water and bring to the boil.

Remove from the heat and cool, then chill in the refrigerator before use.

2. Soak the pork belly in the brine for 5 days, then wash and place in the refrigerator overnight to dry.

3. Once your smoker is producing smoke place the belly on a rack for 2-3 hours until the internal temperature reaches around 80°C. If using a stove top smoker, finish off by baking in the oven at 100°C/Fan 80°C/Gas ¼ for 45 minutes until you get an internal temperature of 72°C.

4. Once cooked, store in an airtight container for up to 2 weeks.

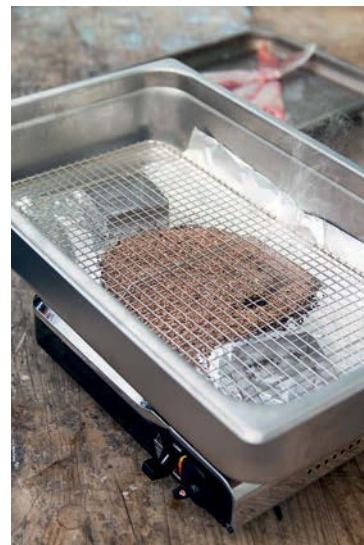


PLAY IT COOL

Want to try your hand at the more traditional, cold smoked bacon? Follow the recipe above, but place in your cold smoker for 2-6 hours, ensuring the chamber temperature remains under 30°C for the entire time. You'll need to fry slices in the pan before eating them.

HOW TO... HOT SMOKE FISH

THIS FAST, EASY METHOD IS BEST USED FOR SMALLER FILLETS SUCH AS TROUT, SNAPPER AND SALMON AND IS THE BEST USE OF A STOVETOP SMOKER.

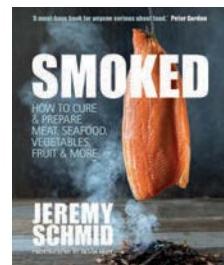


Prepare: 5 minutes
Cook: 18-25 minutes

1kg fish fillets, deboned
Sea salt and pepper, to taste
Brown sugar, to sprinkle
Lemon zest, fresh herbs or spices
Enough maple or apple wood for an 18-25 minute smoke

1. Place your prepared fillets on a sheet of baking paper. Pat dry with a paper towel, then season and generously sprinkle brown sugar over the fish, along with any other herbs and spices.

2. Once your smoker is smoking, place your fish on a rack inside it and hot smoke for approximately 18-25 minutes, until the fish is just cooked through and has an internal temperature of 60-65°C. Cool for a couple of minutes before eating.



All how-tos taken from *Smoked* by Jeremy Schmid (£16.99, New Holland Publishers)



A TRUE CRAFT

We talk shop with Inverawe, one of the UK's most well-known salmon smokers, and learn the secrets to producing award-winning fish



There are lots of smoked salmon producers in the UK, and the majority are in Scotland. But what makes one stand out from the rest? Argyll-based Inverawe has been around for 41 years, which is quite young for a company using such ancient techniques, but it's established itself as one of the best in the country. "We originally started as a fish farm back in the 1970s, founded by Robert Campbell-Preston," says managing director Lucy Burke. "The smokery began with one old brick kiln and some of the farm's own trout, before moving onto Scottish salmon. Just ten years later, business was thriving and more smokeboxes were built. Today, we have nine kilns, and our smoking methods are exactly the same." Remaining loyal to traditional smoking methods is what keeps Inverawe at the front of the pack. While others might switch to modern techniques to cut costs, Lucy cites the company's unique

methods as the best around. "We're quite unique in the way we smoke fish," she says. "We use hand-tended, open fires which burn 24/7 in the brick kilns. The fires are fed with oak logs, instead of chips, as these burn more slowly and give off a dense smoke. Fish are kept in the smoker for up to 48 hours, drying slowly and taking on all that lovely flavour. All of this results in a well balanced, deeply smoky piece of salmon with a smooth finish and fantastic texture." But what's more important – the quality of the fish, or the expertise of the smoker? "Scotland's known for its salmon because its rivers and shorelines provide us with plenty of fresh, hard-fighting Atlantic salmon," says Lucy. "We source smaller, leaner fish from various farms along the west coast of Scotland, including the Shetland Isles. Smaller fish have a less fatty texture and are less oily, and we dry cure them in salt before



taking them into the smokeboxes. "However, the skill of the person in charge of a particular smokebox is also vital," adds Lucy. "Each box has its own character; some burn more quickly than others, and some are more affected by the weather and wind. The smoker has to know when to remove the salmon by instinct alone, as we don't use electronic timers. It's a true craft at work."

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WIN A TWO NIGHT STAY IN ALDEBURGH!

Set opposite the beach and fishermen's huts on Suffolk's Heritage Coast at Aldeburgh, the White Lion Hotel has stunning sea views, yet it's within an easy stroll of the town centre's wonderful shops and galleries. The hotel has a well-deserved



reputation for offering great value, beautifully cooked, classic dishes, served in relaxed and informal surroundings. And now, with the opening of its new family friendly Brasserie Bleu, the dining experience has been taken to a whole new level. Menus continue to feature the very best local produce on the market, but have the bonus of an exciting French twist.

Head chef Ben Hegarty has created tempting new prix fixe and a la carte menus with traditional, back to basics food. Main courses include a choice of classic dishes, plus a selection of the chef's own specials and the local catch of the day, all beautifully presented. Expect to enjoy mussels from the river Deben, free-range meat from Halesworth and Dingley Dell Pork from nearby Woodbridge.

There's also a new wine list with both easy-drinking and fine vintages from the world's finest wine producing countries selected by the hotel group's head sommelier, François Belin. One lucky winner and their companion can win a two-night break at the White Lion Hotel staying in a seaview room, including a full Suffolk breakfast both mornings and dinner in Brasserie Bleu with a bottle of house wine on the first evening. For more details call the White Lion on 01728 452720 or visit whitelion.co.uk



WIN A LUXURY COASTAL BREAK AT THE GRAND HOTEL EASTBOURNE!

This spring, we've teamed up with luxury five star coastal retreat The Grand Hotel Eastbourne to offer one lucky reader and a guest the chance to win a relaxing summer break at the only five star seaside hotel in England. Affectionately known as 'The White Palace', the impressive Victorian hotel offers guests magnificent views of the sea and the dramatic cliffs at Beachy Head. Opening in 1875, The Grand Hotel has always epitomised classic British luxury, oozing elegance and charm. When guests first walk through the extraordinary Great Hall, they are immediately transported back

to a simpler time, where taking holidays by the seaside in the summer was commonplace.

Since opening its doors over 25 years ago, The Mirabelle has received many awards and accolades for its modern European seasonally inspired menu and is known for serving some of the best food in Sussex. The exquisite hotel also boasts a Health Suite which offers guests exclusive treatments from spa brands Kerstin Florian and VitaMan. If you win, you'll enjoy an unforgettable summer break including a delicious three course dinner in the Mirabelle Restaurant, a luxurious overnight stay complete with stunning coastal views, a full English breakfast and full use of the hotel's leisure facilities. For more information please visit grandeastbourne.com



WIN AN OVERNIGHT STAY AT SEAHAM HALL!

Enjoy a night's stay in a super-stylish Executive Suite at the beautiful five-star boutique hotel, Seaham Hall. Perched on a cliff-top on Durham's Heritage Coast, the Georgian manor's glorious seaside setting, extraordinary history and close transport links (just three hours by train from London) make it a wonderfully unique and easy weekend escape.

The stay includes full use of the Serenity Spa facilities, which offer a fabulous 20-metre pool and outdoor hot tubs, a 90-minute spa treatment of your choice per person, a full Champagne afternoon tea with finger sandwiches, scones and pastries, and a delicious dinner from the à la Carte menu with wine pairing at the award-winning Byron's Bar & Grill.

A delicious full English breakfast will also be provided in the comfort of your suite or in the restaurant the following morning. The Serenity Spa will be available for your use from noon on the day of arrival until noon on your departure date. For more information please visit seaham-hall.co.uk or call 0191 516 1400.



WIN A RELAXING TWO NIGHT BREAK IN NORTHUMBERLAND!

You can win a fabulous two night stay for two, including gourmet dinner on both nights at the award-winning Matfen Hall Hotel Golf and Spa in beautiful rural Northumberland. The lucky winner will stay with their guest in an exquisite Principal Room and also enjoy delicious breakfasts and a spa treatment each.

Matfen Hall Hotel, Golf and Spa is a magnificent country house hotel and stately home set in 300 acres of parkland, located just 15 miles west of Newcastle in the pretty village of Matfen. The hotel won Large Hotel of the Year in the Visit England North East Tourism Awards 2014. Lucky guests can enjoy roaring fires, elegant comfort, beautiful food, fabulous spa and the green, if they're keen golfers. Guests can also find the popular tree top adventure park 'Go Ape' in the grounds – so



you can really shake off the winter blues with a few rope swings high up in the trees.

Matfen Hall is the ancestral home of Sir Hugh and Lady Blackett, who are passionate about attention to detail. They are always making sure their hotel offers the highest levels of service and facilities for the modern visitor. As owners of an independent hotel, they want Matfen Hall to stand out from the crowd and offer guests from all over the UK and beyond the perfect place

to de-stress, relax and enjoy life. The hotel has several places to eat, from its award-winning Library Restaurant (2AA Rosettes) to the Conservatory Bistro and Keepers' Lodge, which serves gastropub style food. A Juice Bar in the Spa provides healthy snacks and freshly squeezed fruit juices.

Those not lucky enough to win can find out more about Matfen Hall by calling 01661 886500, emailing info@matfennhall.com or visiting matfennhall.com



WIN A HOLIDAY OF A LIFETIME IN THE BEAUTIFUL SCOTTISH COUNTRYSIDE!

Perthshire, Scotland's home of adventure, is an outdoor enthusiast's paradise with endless country sports venues set amid dramatic landscapes and stunning views.

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The Kenmore Club, part of the Diamond Resorts International portfolio of worldwide vacation destinations, is a charming cottage-style retreat situated in an undeniably picturesque Scottish village



surrounded by towering trees and peaceful green hills, as well as the calming waters of Loch Tay. Across the way, you'll find Scotland's oldest inn with a chimney breast inscribed by the hand of Robbie Burns himself. You could win a relaxing, three-night stay for two at The Kenmore Club, with welcome canapes upon arrival, a delicious breakfast each morning and a trip to a local whisky distillery or a highland safari. The fully furnished one bedroom accommodation features a spacious bathroom, fully equipped

kitchen and spacious living space with flat screen television and DVD player. The rooms boast an intimate balcony with spectacular views. You'll also find a warm welcome

awaits you at The Waterfront Restaurant, where you can appreciate some of the finest traditional Scottish cuisine enjoyed by Kings.

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SOMETHING FOR THE WEEKEND

Nothing beats a home cooked meal and this trio of irresistible recipes are perfect for relaxed bank holiday cooking



HAM HOCK TERRINE

HAM HOCK TERRINE * ONE-POT WHOLE CHICKEN WITH WHITE WINE,
ROOT VEG & SHALLOTS * STRAWBERRY CHEESECAKE TARTS



ONE-POT WHOLE CHICKEN
WITH WHITE WINE, ROOT
VEG & SHALLOTS

ONE-POT WHOLE CHICKEN WITH WHITE WINE, ROOT VEG & SHALLOTS

Makes: 4

Prepare: 15 minutes

Cook: 1 hour 50 minutes

1 whole chicken (approx. 1.2kg)
Sea salt and ground black pepper
1 lemon, halved
1 garlic bulb, halved horizontally
3 tbsps olive or rapeseed oil
3 carrots, peeled and chopped
3 parsnips, peeled and chopped
6 small shallots, peeled
500ml white wine
250ml chicken stock
6 thyme sprigs
Small handful of flat-leaf parsley, roughly chopped
to garnish

1 Preheat the oven to 200°C/Fan 180°C/Gas 5. Season the chicken with sea salt and ground black pepper. Stuff the cavity with the lemon halves and garlic bulb and tie the legs together with kitchen string.

2 Heat the oil in a large oven-proof casserole pot over a high heat. Add the chicken and brown it on all sides until you have a golden brown colour. Remove the chicken from the pot and set aside.

3 Add the carrots, parsnips and shallots and fry for about 5 minutes until just tender. Then pour in the white wine and allow to bubble for 3 minutes before adding the stock and thyme. Return the chicken to the pot and bring the liquid to the boil. Check the seasoning and then cover with the lid and pop in the oven to cook for 1½ hours. Leave to rest for 10 minutes.

4 Remove the chicken from the pot and carve. Take the lemon and garlic out of the cavity and squeeze the juice from the lemon and the cloves from the bulb and add to the cooking liquid, whisking in to combine.

5 Serve portions of the chicken in deep bowls with the vegetables and cooking juices. Garnish with parsley.

HAM HOCK TERRINE

Serves: 8

Prepare: 10 minutes

Cook: 4 hours 20 minutes

4kg ham hock (about 2 large or 4 smaller ham hocks)

8 whole black peppercorns

1 bay leaf

Small handful of thyme

2 carrots, peeled and cut into small cubes

1 onion, peeled and roughly cut into pieces

3 celery stalks, trimmed and cut into small cubes

60ml white wine vinegar

Generous handful of flat-leaf parsley, finely chopped

1 Place the ham hocks in a large pot with the peppercorns, bay leaf and thyme. Cover with water and bring to the boil. Reduce the heat, cover with a lid and let it simmer for 3 hours until the meat is incredibly tender.

2 About 45 minutes before the meat is done, add the vegetables and cook until they are tender. When they are cooked, remove the vegetables from the liquid with a

slotted spoon and set aside.

Remove the ham hocks from the liquid once they are tender and set aside to cool. Pour out the cooking liquid leaving 1.2 litres in the pot.

3 Add the vinegar to the remaining cooking liquid and bring to a steady boil for about 1 hour or until it has reduced by at least half. You will need roughly 600ml to set the terrine.

4 When the ham hocks have cooled, remove the skin and shred the meat. Place the shredded meat in a bowl with the parsley and toss until coated.

5 Line a 900g loaf tin or terrine mould with two layers of cling film, leaving extra over the sides. Layer the shredded meat and reserved vegetables into the mould and then press down firmly. Slowly pour some of the reduced cooking liquid into the terrine. Cover with more cling film and leave in the fridge to set overnight.

6 To serve, turn the terrine out on to a chopping board and peel away the cling film. Dip a knife in boiling water and cut the terrine into slices. Serve with garden leaves and a tangy white wine vinaigrette.

"This makes a wonderfully light and fresh tasting dessert and can easily be made in advance. The pastry is essentially a shortbread mix, which makes a sweet and crumbly base for the tart"



Recipes taken from
Home Cooked by
Donal Skehan
 (£18.99,
 HarperCollins)
Photography by Donal Skehan

STRAWBERRY CHEESECAKE TART

Serves: 6-8

Prepare: 25 minutes

Cooking: 30 minutes

For the shortbread pastry:

300g plain flour, plus extra for dusting
200g cold butter, diced
100g caster sugar

For the filling:

100g Mascarpone cheese
100g cream cheese
75g caster sugar
Grated zest of 1 lemon
250g strawberries, halved
Mint leaves, to decorate

1 To make the shortbread pastry, rub the flour and butter together in a bowl with your fingertips. Stir through the sugar and 1 tablespoon of cold water until the mix comes together to form a ball. Press it into a flat oval, cover with cling film and place in the fridge to rest for 15 minutes.

2 Preheat the oven to 180°C/Fan 160°C/Gas 4. Dust a clean surface with a little flour and roll out the pastry to 5mm in thickness and large enough to fit a 20cm diameter, 4cm deep fluted tart tin with a removable base. Line the tin with the pastry and press into the sides before trimming the edges.

3 Prick the base with a fork all over and line with foil, shiny side down, and fill with baking beans. Place the pastry shell in the oven to blind bake for about 15 minutes until the pastry is a light golden brown. Remove the tin from the oven, lift out the beans and foil and allow it to cool on a wire rack.

4 Meanwhile, beat the Mascarpone and cream cheese with the caster sugar and lemon zest (reserving some for decorating) in a bowl until just combined. Fill the pastry shell with the cheese mixture and top with the strawberry halves. Decorate with the mint leaves and the reserved lemon zest if you wish. Serve in generous slices.

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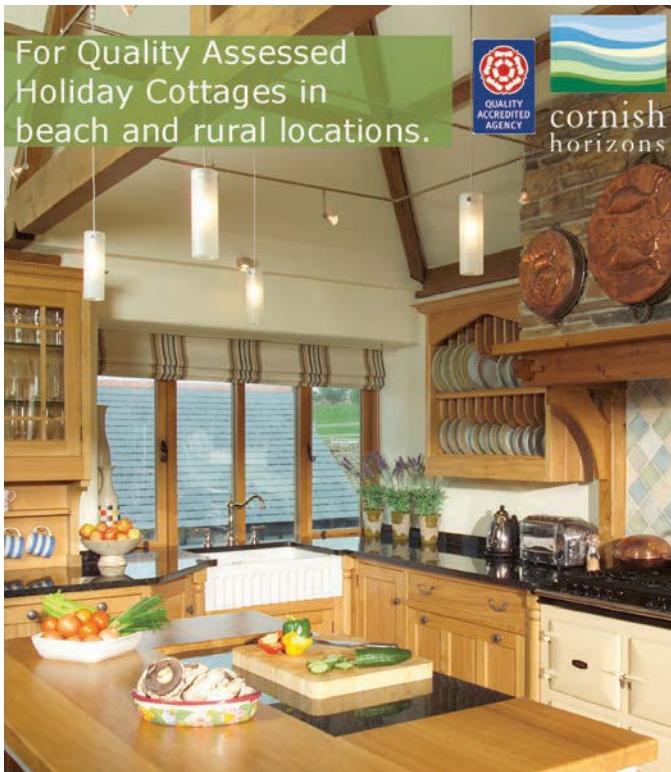


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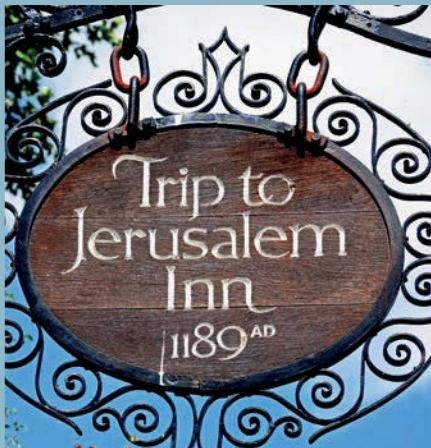
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Food Tourist

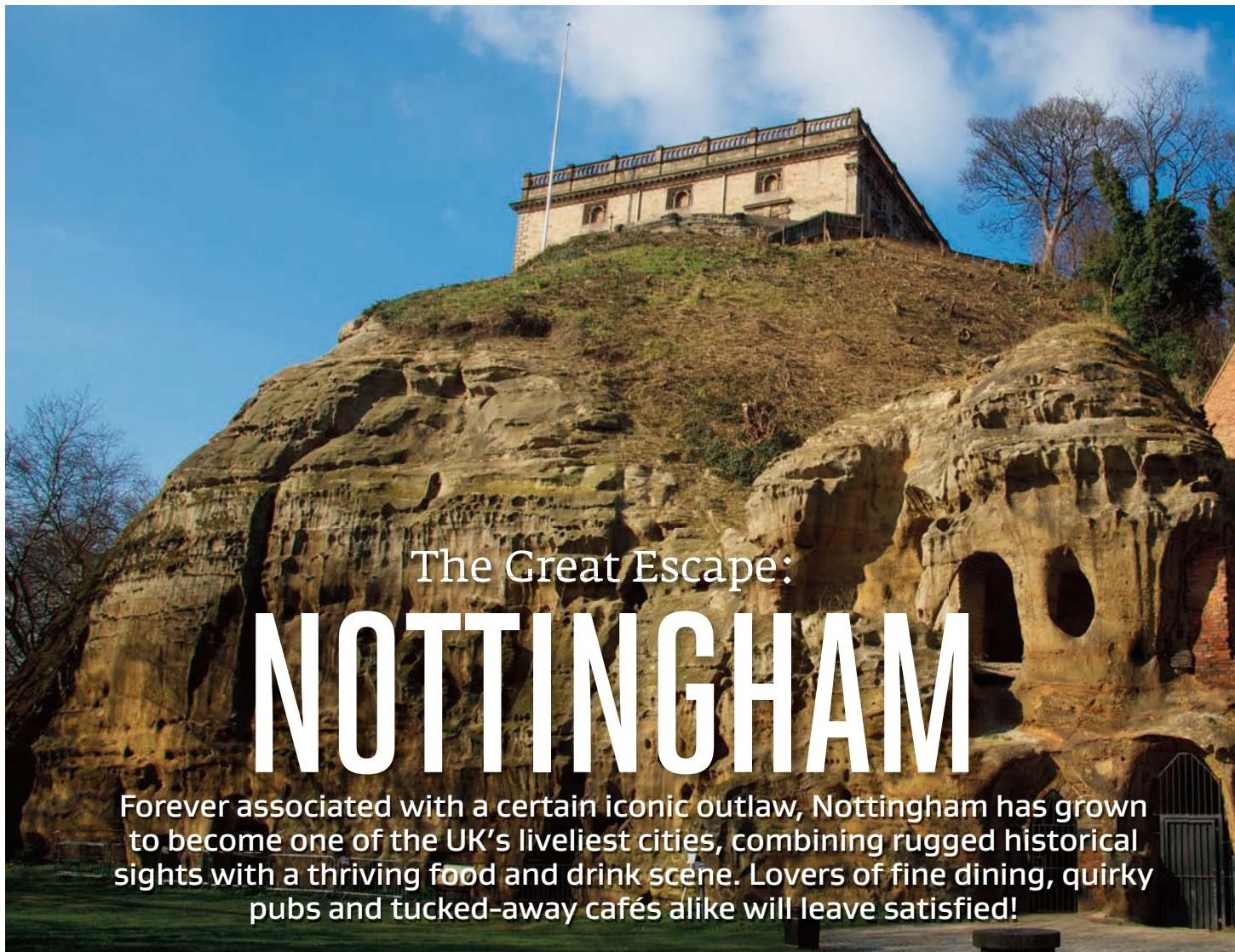
GREAT BRITISH FOOD UNCOVERS THE UK'S FINEST PUBS, RESTAURANTS, HOTELS & FOODIE DESTINATIONS FOR YOUR EATING PLEASURE



THIS MONTH

- * Nottingham *
- * Richmond *
- * Bristol *
- * Ashburton *
- * Central London *





The Great Escape: NOTTINGHAM

Forever associated with a certain iconic outlaw, Nottingham has grown to become one of the UK's liveliest cities, combining rugged historical sights with a thriving food and drink scene. Lovers of fine dining, quirky pubs and tucked-away cafés alike will leave satisfied!

What to see in a day...

Nottingham may be the second largest city in the East Midlands, but the major sights and attractions are located close together, making it very walkable. If you fancy a guided tour to find your bearings **The Nottingham Experience** offers all kinds of expeditions, from a simple walking tour of the city's historical hotspots, to a half-day trip to Sherwood Forest.

thenottinghamexperience.com
For lunch, head to the **Malt Cross Music Hall**, a wonderful old Victorian building where Charlie Chaplin once played. It's considered one of Nottingham's greatest hidden historical gems and a recent £1.38 million Heritage Lottery Fund grant has transformed the venue into a multi-purpose creative arts centre, complete with a fabulous bar and smokehouse. Pulled pork, beef brisket and pulled chicken are at



the heart of the mouth-watering menu, and diners simply tick a box detailing their choices of artisan bread, salad, toppings and sides. maltcross.com

Next head to the Lace Market, a quarter-mile stretch in the heart of the city that's lined with great buildings and quaint streets, as well as all kinds of quirky shops, bars and restaurants. Once the heart of the world's lace industry during the British Empire, it is



full of impressive examples of 19th century industrial architecture. lace-market.com.

The Galleries of Justice Museum is located in the heart of the Lace market and is a great excursion for history lovers of all ages. Nottingham's old courthouse dates back to the days of Robin Hood and the museum has five floors of enthralling history, including a Victorian law court and underground dungeons. Th actor-

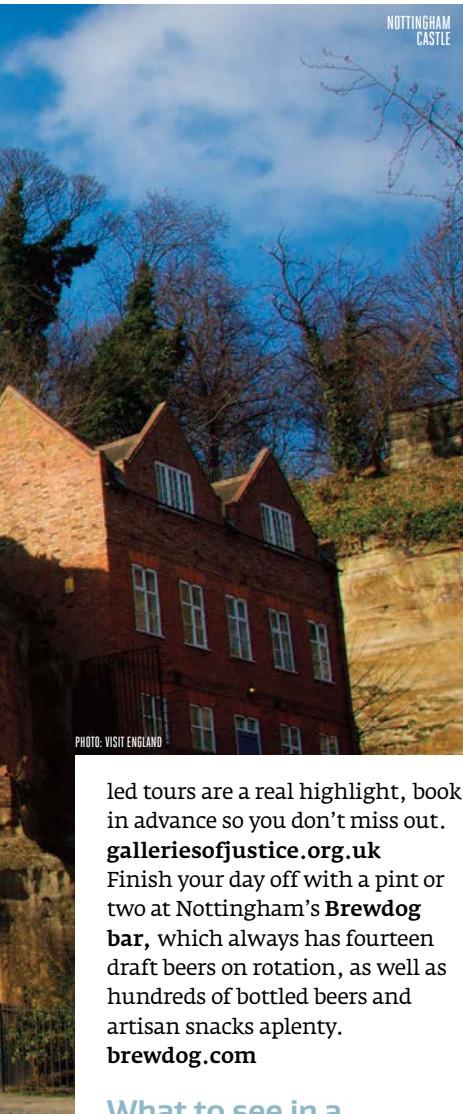


PHOTO: VISIT ENGLAND

NOTTINGHAM CASTLE

led tours are a real highlight, book in advance so you don't miss out. galleriesofjustice.org.uk
Finish your day off with a pint or two at Nottingham's **Brewdog bar**, which always has fourteen draft beers on rotation, as well as hundreds of bottled beers and artisan snacks aplenty. brewdog.com

What to see in a weekend...

DAY ONE...

Start your day with a sumptuous breakfast at **Delilah Fine Foods**, a beautiful independent food store that was named Britain's best in the Deli of the Year Awards a few years back. Locals line the food bar all day, especially at the weekend, so it pays to get your seat early! The breakfast menu is simple and delicious with freshly-baked croissants from the nearby Welbeck Bakehouse, cheesy scrambled eggs and crispy bacon and sausages from Hambleton Farms. When you've finished eating, browse the aisles in search of local delicacies!

delilahfinefoods.co.uk

It's a well kept secret that Nottingham is actually built on more than 400 man-made, sandstone caves that date back as far as the dark ages – the last of which were in use until the 1940s. **City of Caves** is a subterranean



family attraction that lets you descend far below street level and discover how the caves were used as tanneries, bomb shelters and even homes. cityofcaves.com
Nottingham reputedly has more pubs, bars, restaurants and nightclubs per square mile than any city in Europe, and one of its most iconic drinking holes is **Ye Olde Trip to Jerusalem** – said to be the oldest Inn in England. It sits at the foot of the magnificent Nottingham Castle, and is a great place for pub grub, including homemade Scotch eggs, pork pies and crisp hand-battered cod and chips. triptojerusalem.com
For dinner, **The Larder on Goosegate** in Hockley is something pretty special. The food is a celebration of British produce with dishes like wild rabbit rillettes, haggis and venison bon bons and slow-cooked pigs cheek. However, the restaurant's selection of unusual steak cuts are by far the most popular choice. Sample gloriously tender picanha and spider steaks, served with a plentiful mound of fat, perfectly cooked chips and an ever-changing selection of seasonal vegetables. thelarderongoosegate.co.uk.

DAY TWO...

Start the day browsing the city's various independent food shops. One of our favourites is **Treat Kitchen** – a delicious new sweet shop in the city centre selling

Getting there

* East Midlands Trains runs a regular service between London and Nottingham, so why not kick your trip off in style and take a break from driving? First Class passengers all receive a complimentary breakfast – either a full fry up, porridge or a bacon/sausage sandwich – and the all-day food menu has recently been revamped to offer all kinds of tasty British bites, including fish finger sandwiches, a chunky award-winning sausage roll and a Melton Mowbray pork pie with pickles on the side. For schedules and pricing visit www.eastmidlandstrains.co.uk



Where to Stay

* Although we tend to favour smaller boutique hotels, Nottingham's Park Plaza hotel is perfectly situated for weekend guests looking to get the most out of their trip. It's based just 100 metres from Old Market Square and some of the city's best shops, restaurants and bars, and the spacious, stylish bedrooms have all the mod cons you could need. Nottingham Castle is just a stones throw from the hotel and the Lace Market, National Ice Arena and Nottingham Forest Football Stadium are all close by. Parkplaza.co.uk

everything from artisan British chocolate to gourmet jelly beans. Many of the shop's suppliers are local to the Nottingham area and there's even an in-store fudge machine, making exciting flavours like Strawberry Dolly Mixture and Cherry Bakewell fresh every day.

thetreatkitchen.co.uk

Stop for lunch at **The Ned Ludd**, a city centre pub that's famous for its top quality artisan fare, plus ales from the nearby Navigation Brewery. Sample the famous 'Nottingham Pie' – slow cooked beef brisket in local stout and silver skin onions, topped with creamy mash, crispy ham hock and Stilton – or choose from the huge selection of gourmet burgers.

thenedludd.com

End your trip on a high with dinner at **World Service**, a popular fine dining restaurant that's a winning combination of luxurious surroundings, indulgent food and relaxed, welcoming service. The menu combines classic British flavours with international influences, with dishes such as soft shell crab with tenderstem broccoli, curried rump of lamb and a deconstructed queen of puddings. And if the weather is warm, it's well worth dining al fresco in the beautiful walled gardens.

worldservicerestaurant.com

For more information about Nottingham visit experiencenottinghamshire.com

Out & About

Make the most of the warmer weather with a food and drink-focused adventure to one of these fantastic gourmet getaways

A Weekend Away

WHERE? THE ORANGE TREE, RICHMOND



Why we like it?

With its beautiful parks, quirky boutiques and pavement cafés, leafy Richmond is just a hop and a skip from central London, but feels a world away. The Orange Tree is a landmark among the town's pubs – long established as the best place to enjoy a drink when the rugby's on at Twickenham – and is the perfect place for a laid-back weekend getaway. Following an extensive makeover, the pub now has 13 beautifully designed bedrooms

that are influenced by the local green spaces of Richmond Park Kew Gardens; think olive and citrus tree wallpaper and natural wood furnishing, combined with free-standing roll-top baths, luxurious king-sized beds, fluffy bathrobes and all the latest technology – including Nespresso machines in every room.

And the food...

The striking botanical theme runs throughout the hotel and downstairs to the pub and restaurant, which is styled to resemble a potting shed, complete with a distressed dresser filled with decorative gardening tools. The menu is varied but nicely concise, with a clear focus on seasonal farm produce. Dishes like Gressingham duck cottage pie and juniper-roasted lamb shoulder with beans and chorizo put a modern spin on great British classics, while the charcuterie platter, piled high with Oxsprings cured ham, Suffolk chorizo, pickles and ale bread, makes a fabulous pub snack. On the bar expect a rotating selection of cask ales and craft beers alongside a tempting and reasonably priced wine list, plus an innovative selection of ancient 'shrub' vinegar cocktails, if you're feeling adventurous.
orangetreerichmond.co.uk



High Speed Dining

First Great Western and chef Mitch Tonks launched a new menu on the Pullman service, Britain's only high speed fine dining carriage. Serving breakfast, brunch, lunch and dinner, every dish is made with ingredients sourced within 15 miles of the track where possible, including the seafood of the South West, which Mitch believes to be the finest in the world. firstgreatwestern.co.uk



Flavours of Bristol

Food Connections, Bristol's unique, citywide food event will be taking place from 1 – 9 May and will be packed full of highlights for curious culinary visitors. The programme of events is divided into six themes; land and growing, feasting and festivities, get cooking, brain food, families and well-being. Not only will guests be able to try out some marvellous locally produced grub, there's also the opportunity to attend demos hosted by top chefs such as Rick Stein, Richard Corrigan and Sophie Grigson.

bristolfoodconnections.com

RESTAURANT OF THE MONTH

THE NORTHLAND, LONDON



When eating out in London, there's no better way to finish an evening than with a leisurely stroll taking in the bright lights along the Thames. The Northland in the Corinthia Hotel,

situated on the riverbank is the perfect place to enjoy a stunning meal beforehand.

The Northland oozes sophistication with its retro tanned leather seats and high ceiling and the friendly staff are more than happy to help you choose the best wine for your meal.

We started the evening with the Dressed Crab, Pickled Beetroot, Avocado Purée & Ricotta, with the shellfish sourced from St. Ives in Cornwall. The menu tells you where all the main ingredients come from in the UK; one elegant detail that secures the restaurant as a place that takes pride in its produce.

The wine was wonderfully delicate yet punchy, complementing every flavour-packed bite of the Cumbrian Beef Fillet with Crispy Oxtail, Potato Purée, Caramelised Shallots & Parsley Croquets. We finished the meal with Manjari Chocolate Mousse, Earl-Grey Infused Prunes and a Marmalade Macaroon, which was as luxurious as the hotel we sat in.

This is fine dining at a relatively affordable price – finish with that walk along the river and you've got a night you won't be forgetting any time soon.

corinthia.com/hotels/london/dining-and-bars

Try Something New

The tutors at Ashburton Cookery School teach you to cook with imagination, passion and most importantly, pleasure



The food:

Ashburton is a picturesque Georgian market town on the edge of Dartmoor, about an hour and a half's drive from Bristol. What makes the cookery school so extraordinary isn't just the magnificent surroundings, but the diversity and knowledge of the

tutors teaching the courses. There are over 40 classes to choose from, but we recommend the Modern British Plus course, which is a celebration of the best British ingredients, combined with modern cooking and presentation styles. You work with the most succulent lamb, the juiciest beef, the freshest fish and the most seasonal veg to create restaurant-quality dishes. Stretching across a weekend, you'll learn skills and techniques, discovering some amazing produce along the way. Expect to cook recipes ranging from baked local trout fillets to red fruit & elderflower jelly – simple dishes that take skill to perfect!



The stay:

The course spans a weekend, but don't worry; there's plenty of luxurious but reasonably priced accommodation. There are single, double, twin rooms and apartments available, with prices starting from £59 per night including breakfast.

The Modern British Plus course takes place on weekends and costs £315 per person. For more information visit ashburtoncookeryschool.co.uk

The Sound of Silence!



A product shot of the Good Night Anti-Snoring Ring, showing its packaging and a small image of the ring itself.

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OXFORD SAUCE

A spicy table sauce created by Baron Robert Pouget in 2000 to celebrate the millennium. It bears virtually no resemblance to the old derivative of Cumberland sauce sometimes known as 'Oxford Sauce'. Its complex and distinctive fiery flavour came about more or less by accident when the decimal point on the chilli content in the recipe was misread at the time of conception. This happy event has resulted in a product which has developed a cult following from Islington to Ibiza.

Retail price £2.50, for more information visit oxfordfinefood.com



CLARKS SAUCES

Welsh-based Clarks' new squeezable sauces are designed for use with desserts, puddings and ice cream and are the first of their kind to be blended with carob – a natural syrup noted for its health benefits and made from the sugars of the Mediterranean carob fruit. There are three flavours available; Sophisticated Strawberry, Tempting Chocolate and Tantalising Caramel.

£2 from Sainsbury's. For more information visit clarksit.co.uk

RULE BRITANNIA

Check out the latest fabulous British products to hit the shelves

HODMEDOD'S BRITISH QUINOA

Hodmedod's quinoa is the first British-grown variety available in UK shops. Grown by Peter Fairs in the fields of Essex, the deliciously nutty and light quinoa cooks just like South American quinoa, without any bitterness. The delicate grains are not just tasty, but also nutritious, easy to cook and versatile. Hodmedod's quinoa makes a superb British-grown alternative to couscous or rice, is great for baking, and makes an excellent breakfast porridge too.

£4.95 for a 500g pack from Wholefoods Market, independent food shops, delis and at hodmedods.co.uk



SUMMERDOWN CHOCOLATE PEPPERMINT CREAMS

Based at its Hampshire farm, Summerdown grows and harvests traditional Black Mitcham peppermint to include in its signature chocolate creams. The mint leaves are taken to a purpose-built distillery and the resulting single-estate peppermint oil has a consistent quality and a soft, lingering taste. The combination of a cool, creamy fondant centre and rich dark chocolate is a traditional treat and makes the chocolates a very special springtime gift.

From £5.95 at Harvey Nichols, Selfridges and summerdownmint.com



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For over 25 years Nyetimber has had one aim; to make the finest English sparkling wine, one to rival the very best in the world. Nyetimber was the very first producer of English sparkling and craft wines, all made exclusively from the three celebrated grape varieties found in Champagne; Pinot Noir, Pinot Meunier and Chardonnay. In 1988 its first vines were planted and now each bottle of Nyetimber is crafted from the estate-grown grapes. Owner Eric Heerema and winemaker Cherie Spriggs are committed to producing wines of a Grande Marque standard, with that passion as apparent today as it was all those years ago. **For more details contact sarah.hammond@nyetimber.com or by phone on 0207 734 8490. Visit nyetimber.com for more information.**



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Recipe of THE MONTH

This creamy and comforting risotto practically sings springtime!

SPRING VEGETABLE & BACON RISOTTO

Serves: 6

Prepare: 10 minutes

Cook: 25 minutes

1 tbsp rapeseed oil
200g lardons or bacon bits
1 onion, peeled and chopped
2 garlic cloves, peeled and crushed
400g risotto rice

1-1.2 litres vegetable stock
1 tsp thyme leaves
200g broad beans, or frozen soya beans
200g peas
50g British hard cheese, grated
Knob of butter

1. Heat the oil in a large pan and fry the lardons or bacon bits for a few minutes to lightly brown.
2. Add the onions and cook for a few minutes to soften. Stir in the garlic and

risotto rice, then cook for 1 minute to toast the rice. Pour in half the stock and the thyme leaves and cook, stirring from time to time, for 10 minutes.

3. Add the beans and gradually ladle in the rest of the stock, stirring constantly until the rice is tender with a saucy consistency. Add the peas and cook for 1 more minute. Remove from the heat and add the cheese, along with plenty of seasoning and a generous knob of butter.



DELIS *of the* MONTH

Our monthly showcase of the UK's finest independent stores



FODDER HARROGATE

Though technically not a farm shop, Fodder acts as a shop window for some of Yorkshire's finest producers, selling delicious food and drink from over 310 local farmers and artisans.

Inside the Harrogate-based store you'll find a fully stocked butchery counter and a deli counter laden with fresh pies, pasties and a huge variety of amazing cheese. Fruit and veg is delivered fresh every day from local farms, while the café serves everything from a full Yorkshire breakfast, to cream teas and an extensive lunch menu.

Best Bit? Affordability – the owners are dedicated to making the store a realistic alternative to the supermarkets. fodder.co.uk

GORDON & MACPHAIL ELGIN

Located in the north-east of Scotland in the heart of Speyside, Gordon & MacPhail is an independent family-owned whisky bottler that started trading over 119 years ago. As well as selling,

exporting, distilling and bottling whisky, the company has a fabulous store in the centre of Elgin, on the site where the business began in 1895. When you enter the shop you'll be greeted with the aroma of local gammon, cooked in house every day, and the cheese counter – packed with Scottish specialities – is superb. However, no visit to Gordon & MacPhail would be complete without a visit to the Whisky Room, which stocks around 1,000 different single malt whiskies on its crowded shelves.

Best Bit? The Whisky Room truly is an Aladdin's cave of Scotch, and the selection of very old and rare bottles is fascinating. gordonandmacphail.com



THE FISH SHED EXETER

Combining a traditional fishmongers with a stripped back fish and chip shop, selling delicacies like monkfish, brill, John Dory, lobster and scallops, The Fish Shed gets full marks

for innovation. Owner Dave Kerley is a former scallop diver and is so dedicated to freshness and provenance that the store has a policy of only sourcing fish from local day boats. The fantastic array of fish is ever-changing and can be cooked in traditional beer batter or grilled for something a bit lighter. The location within the food-centric Darts Farm shopping village also makes a great day out. **Best Bit?** Simple food cooked to perfection – the haddock, chips and mushy peas are a revelation! dartsfarm.co.uk

COBBS FARM SHOP & KITCHEN, BERKSHIRE

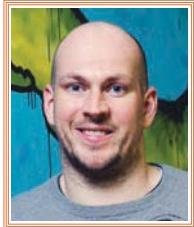
A small but perfectly formed 55-acre farm is at the heart of operations at Cobbs, growing soft fruit in the summer, squash and pumpkins in the autumn and asparagus and rhubarb in the spring. This means

seasonal produce is often on the shelves within minutes of being picked! Fresh bread is delivered every day from nearby Hobbs House Bakery, while delicious handmade Scotch eggs, salads and quiches adorn every available space. The selection of English beers, wines and spirits is similarly impressive, with rhubarb wine from Poppydown (made using the farm's own homegrown rhubarb) and sloe gin and damson vodka from the local Wiltshire Liqueur Company.

Best Bit? The pick-your-own farm is beautiful on sunny days, as is the huge garden terrace cobbssfarmshop.co.uk



Do you have a specialist deli that you want to promote? Contact owen.cook@aceville.co.uk or nathan.kliber@aceville.co.uk



LOVES

HATES



IN THE KITCHEN WITH... James Watt

The beer hound and co-founder of craft brewery BrewDog shares his loves and hates

* American Craft Breweries

You can call BrewDog a descendant of the great American breweries like Stone and Anchor. We loved their irreverence and pioneering spirit as much as the bold and innovative flavours they were experimenting with. They respected beer enough to never compromise on taste but were also open to taking beer to places it had never been before.

* Beer & Food Pairings

The stylistic diversity of craft beer provides so much potential for finding breathtakingly good pairings that elevate food; from burgers to rare cheeses and even chocolate. We even collaborated with gourmet popcorn makers Joe & Seph's on a beer and popcorn pairing!

* Hops!

I'm James Watt and I'm a hop addict. At our Ellon brewery, we have the words 'Love Hops & Live the Dream' in large neon lettering. That spirit runs through everything and everyone at BrewDog.

* Barrel Ageing

Ageing beer in casks imparts a range of flavours, depending on the characteristics of what was previously kept in them. We've been experimenting with it for a couple of years now and it's awesome to see more UK craft breweries doing the same.

* The Emerging Beer Scene

We recently opened two bars in Italy and one in Barcelona – places that some may not traditionally associate with craft beer. We're humbled and amazed at the speed at which the craft beer movement is growing globally.



* The Wrong Glassware

Glassware is functional and not cosmetic, as many are led to believe. Get the right beer in the right glass and your entire experience of that beer will be elevated ten times over. Give beer the vessel it deserves.

* Bad Service

There's nothing more grating than bar staff who have no idea about the beer they're serving. Improving bar staff's beer knowledge gives them a sense of pride in what they do and it's infinitely

beneficial to the customer. At BrewDog, we're committed to providing all our staff with maestro level beer training by paying for them to take the Cicerone Certification Programme exams. A deep level understanding of beer, storage, service and history is intrinsic to the world class bar service we want to offer.

* Faux Craft

A quirky brand name and old timey font does not a craft beer make. A few mega breweries have tried doing this with predictably disastrous results – the beer drinking public ain't that stupid!

* Beer with Lime

No. Just no.

* Clear Bottles

UV light is one of the greatest enemies of hoppy beer. Clear bottles simply don't offer any protection against it and your beer will be skunked as a result. Yuck. Brown bottles and cans protect beer from the enemy that is light.

brewdog.com

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